Rivalry renewed at Euro 2012

England and France's battle ends in a draw PAGE 37

SANDLER PLAYS IT A LITTLE RAUNCHY

COMEDIAN ADAM SANDLER STARS IN HIS FIRST R-RATED FLICK, THAT'S MY BOY PAGE 23

VANCOUVER metro®

Tuesday, June 12, 2012

News worth sharing.

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KINGS CROWNED CHAMPS

Los Angeles Kings captain Dustin Brown hoists the Stanley Cup after the Kings beat the New Jersey Devils 6-1 on Monday. For more on the win, see page 35. MARK J. TERRILL/THE ASSOCIATED PRESS

$30K raised for patient

Internet users rally in just one night to help terminally ill Surrey man

PAGE 3

Healing lodge opens doors

New complex will offer affordable housing for two dozen people

PAGE 6

Dozens killed in landslide

Afghan homes vanish after earthquake sets off stream of mud and rocks

PAGE 12

How does the summer affect your skin?

Whether you have a dark complexion or a light one, burn easily or are a great tanner, Metro has tips for looking great this summer

PAGE 26

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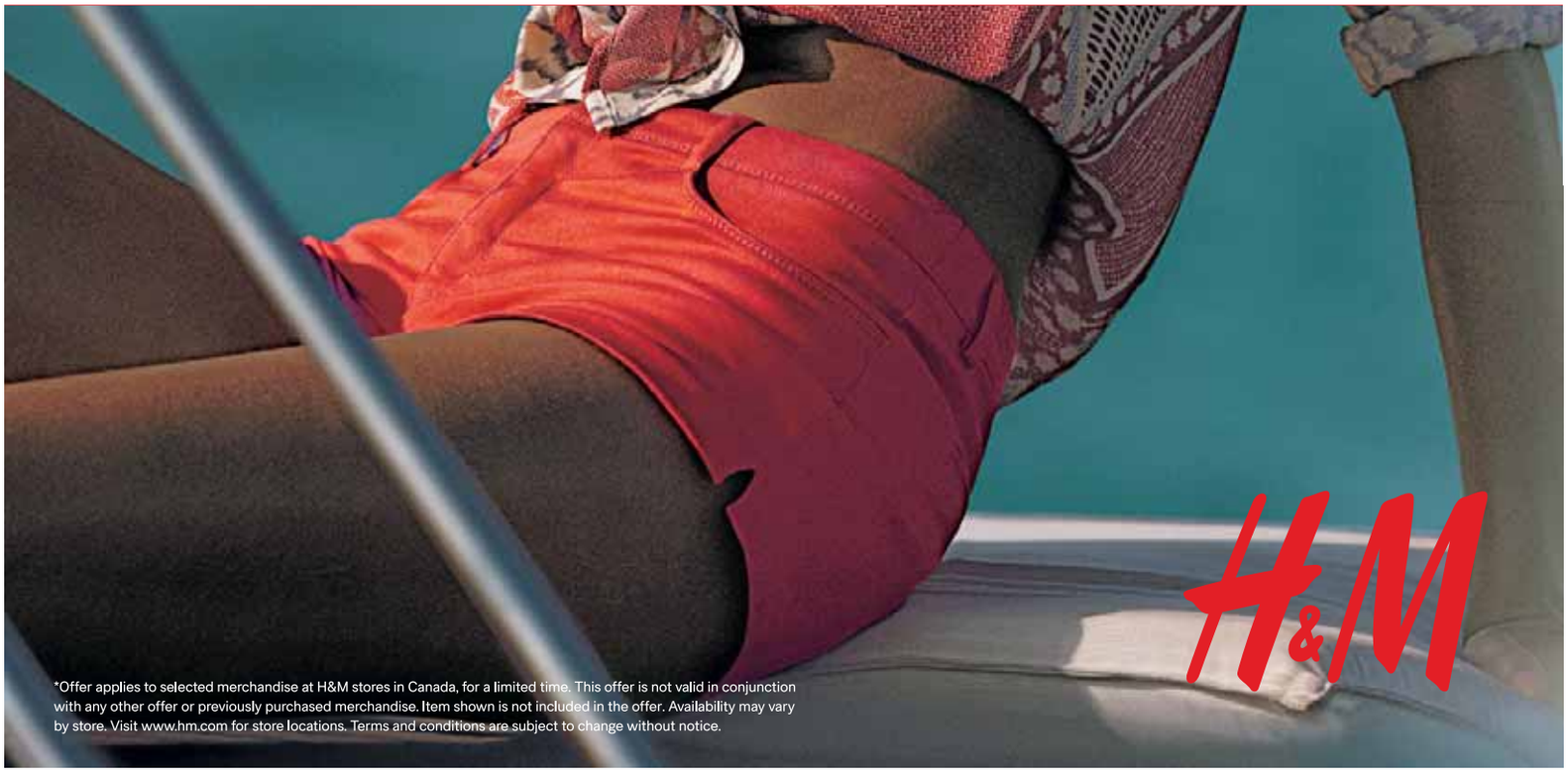

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Guilty plea

Man sentenced to 1 month in jail for role in Stanley Cup riot

A one-month jail sentence has been handed to a 20-year-old Surrey man for his role in the Stanley Cup riot a year ago.

Emmanuel Alviar was also given 16 months probation and ordered to perform 160 hours of community service after pleading guilty in March to participating in a riot.

In addition, he must send apology letters to Vancouver's mayor and police chief.

Alviar kicked garbage at a burning vehicle, helping rock another car and used a stick to smash windows in the Telus building during the violence last June 15 after the Boston Bruins beat the Vancouver Canucks in Game 7 of the Stanley Cup final.

The Crown was asking for four months in jail, while Alviar's lawyer was hoping for a conditional sentence, which would mean no jail time.

But in handing down the sentence, provincial court judge Rich Harris said general deterrence is needed in a case like this, considering Vancouver has suffered two Stanley Cup riots.

Alviar's lawyer Gary Botting defended the request for the conditional sentence, noting his client had no prior criminal record.

"Basically that would give him the chance to make recompense in the community, whereas in jail, (that's) not going to happen," Botting said. "Too often we put people in jail because that's the first response."

THE CANADIAN PRESS

Jake Villanueva and his mother, Stacey, have received more than $30,000 in donations after Jake shared his struggle with terminal cancer on Reddit.com.

CONTRIBUTED

Reddit users raise $30K for terminally ill man

Cancer. Surrey man shares his story on online forum, then finds 1,200 donors days later

DANIEL PALMER
vancouver@metronews.ca

When Jake Villanueva woke up on Friday morning, he took his daily chemotherapy medication and braced for the inevitable headache and nausea that would follow. But what came next completely overwhelmed the 23-year-old Surrey resident.

The night before, Villanueva had shared his struggle with Stage 4 renal cell carcinoma — a deadly cancer that took his kidney — on Reddit's "Ask Me Anything" forum.

"I have been on chemo, which is no longer working and the cancer continues to spread," he wrote of his June 2011 diagnosis. "Unlike so many other cancers, this one doesn't have a survival rate. It is extremely likely that I will not see my 24th birthday."

Before Villanueva went to bed, his post had made it to the Reddit homepage, something that only happens through user promotion. Hundreds of users began commenting, offering moral support and sympathy.

While Villanueva slept, Lindsay Minar, 22, read the post on her laptop in Portland, Ore. She then set up a donation page through gofundme.com and expected to raise no more than a few hundred dollars for Villanueva and his family.

"I put it up at 2 a.m. on Friday morning, and by the time I woke up at 8 a.m. there was already five grand in it," Minar said. When she closed the donation page on Saturday, it had accumulated more than $30,000 from 1,200 donors.

"Lindsay sent me a message saying, 'If this gets you a movie ticket, then that would be great,'" Villanueva said. "I thought it was a big joke or something."

On top of the overwhelming financial donations, Villanueva has received offers to visit Chile, China and even West Africa. He plans to visit Minar and other Reddit friends in various U.S. cities.

"The craziest thing I've heard was to go to Switzerland and drive a Lamborghini. It's been nuts."

1

NEWS

On the web

More than just on bended knee

From viral videos to public proposals, popping the question is getting more creative. Earlier this year, an Atlanta filmmaker created a stop-motion Lego proposal for his girlfriend, and last year someone popped the question through a custom film trailer. Watch these and more creative proposals at metronews.ca.

Mobile news

It was the stuff of a major film studio's next animation project: Nine African baby elephants were orphaned after their parents were poached, but then they were miraculously rescued and brought to a wild game park in Latin America. Scan the code to read the full story.

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Video surveillance

Arrest made after elderly woman robbed of purse

Tips from the public, combined with video surveillance, have resulted in the arrest of a young man who allegedly grabbed the purse of an 80-year-old woman and pushed her to the ground in Victoria.

The attack happened Saturday and several citizens chased the suspect into the Bay Centre Mall, but the man managed to get away.

Police released video footage from businesses, which led to tips that allowed police to arrest the 18-year-old suspect at his Saanich home. Police say a significant amount of money was recovered.

THE CANADIAN PRESS

Virus

Scientists worry over fish infection

Fisheries scientists believe wild salmon may have turned the tables on their farmed cousins by infecting them with a devastating virus.

A researcher with the Centre for Aquatic Health Sciences in Campbell River says her studies show wild sockeye migrating from Washington state likely infected farmed salmon with a virus known as IHN.

Farmed salmon have no resistance to the illness that is common in wild stocks, forcing a Tofino-area fish farm to destroy nearly 600,000 fish. Environmentalists worry illness in Atlantic salmon raised in open-net pens could be passed to wild B.C. salmon. THE CANADIAN PRESS

Flooding

Prince George homes remain at risk

Seventeen Prince George homes were still on evacuation order Monday morning, but an alert for several other homes along the Fraser and Nechako rivers has been lifted.

Although a flood warning remains in effect for the Prince George region, officials say conditions have stabilized since rivers around the city began to rise in the wake of heavy rains last week. Elsewhere, a flood warning remains posted for the Liard River at Upper and Lower Crossing, and residents along the Shuswap River are still on flood watch.

THE CANADIAN PRESS

Donations sought for widow and children

Charity. Trust fund set up to help widow of murder victim bring mother over to Canada

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

The wife of the man gunned down in a sushi restaurant in Burnaby late last month didn't know what to tell her two young children about where their father is.

"I just said daddy is going to work in a far-, far-away place and for a long, long, long time, and when you grow up, daddy will come back," Huong Andy Tran's widow said at a news conference Monday.

"I just hope no other families suffer what I suffer," she said as she wiped away tears.

Her husband, the owner of the Royal Oak Sushi House, was the sole breadwinner in the family.

He was shot and killed alongside waitress and single mother Chinh Diem Huynh on May 27 at the sushi joint.

SUCCESS has set up a trust fund for Mrs. Tran and her two young children, aged five and two.

The double homicide has been connected to Angus David Mitchell, who was killed in a shootout with Maple Ridge RCMP three days after the incident.

Widow reaction

"I just hope no other families suffer what I suffer."

Huong Andy Tran's widow

"One of (Mrs. Tran's) biggest wants is to get her mother coming here from China," said SUCCESS CEO Thomas Tam.

"We are now working with the government to get this visa application fast-tracked ... so she could come to take care of the grandchildren and the family."

Donations can be made at any TD bank or financial institution. The account has been named "SUCCESS Foundation in Trust — Yuzhe Zhong."

The account number is 004-9720-5240599 and the transit number is 9720.

Donations will also be accepted through June 22 at SUCCESS offices in Vancouver, Surrey, Burnaby, Richmond and Coquitlam.

Follow Phylicia Torrevillas on Twitter @ptorrevillas

The widow of Burnaby double-homicide victim Huong Andy Tran speaks at a press conference in Burnaby on Monday. Mrs. Tran has requested that her face be left out of media photos. PHYLICIA TORREVILLAS/METRO

SkyTrain. Woman injured after trying to block doors

A woman was injured on the SkyTrain Monday after she attempted to block the closing doors with her bag and found herself being towed beside the moving train. The incident occurred before 10 a.m. at New Westminster station. The severity of the woman's injuries were unknown, but she did suffer a cut to her head.

THE CANADIAN PRESS

Fatality. Woman killed in parallel-parking accident

A 52-year-old Vancouver woman died Monday when a car attempting to parallel-park suddenly accelerated, pinning her against a storefront in Kitsilano.

The incident occurred just before 12:30 p.m. in the 2800 block of West Broadway, Vancouver police said. The woman was rushed to hospital but died of her injuries. METRO

Gunfire. Two arrested after pursuit of ATV

Mounties in Shawnigan Lake have arrested two local men after a report of gunshots set off a police pursuit involving an all-terrain vehicle. Around 9:30 p.m. Friday, officers say they were responding to the shots-fired call when two men on an ATV spotted the patrol car and fled. The 26-year-old driver is facing numerous driving-related charges. THE CANADIAN PRESS

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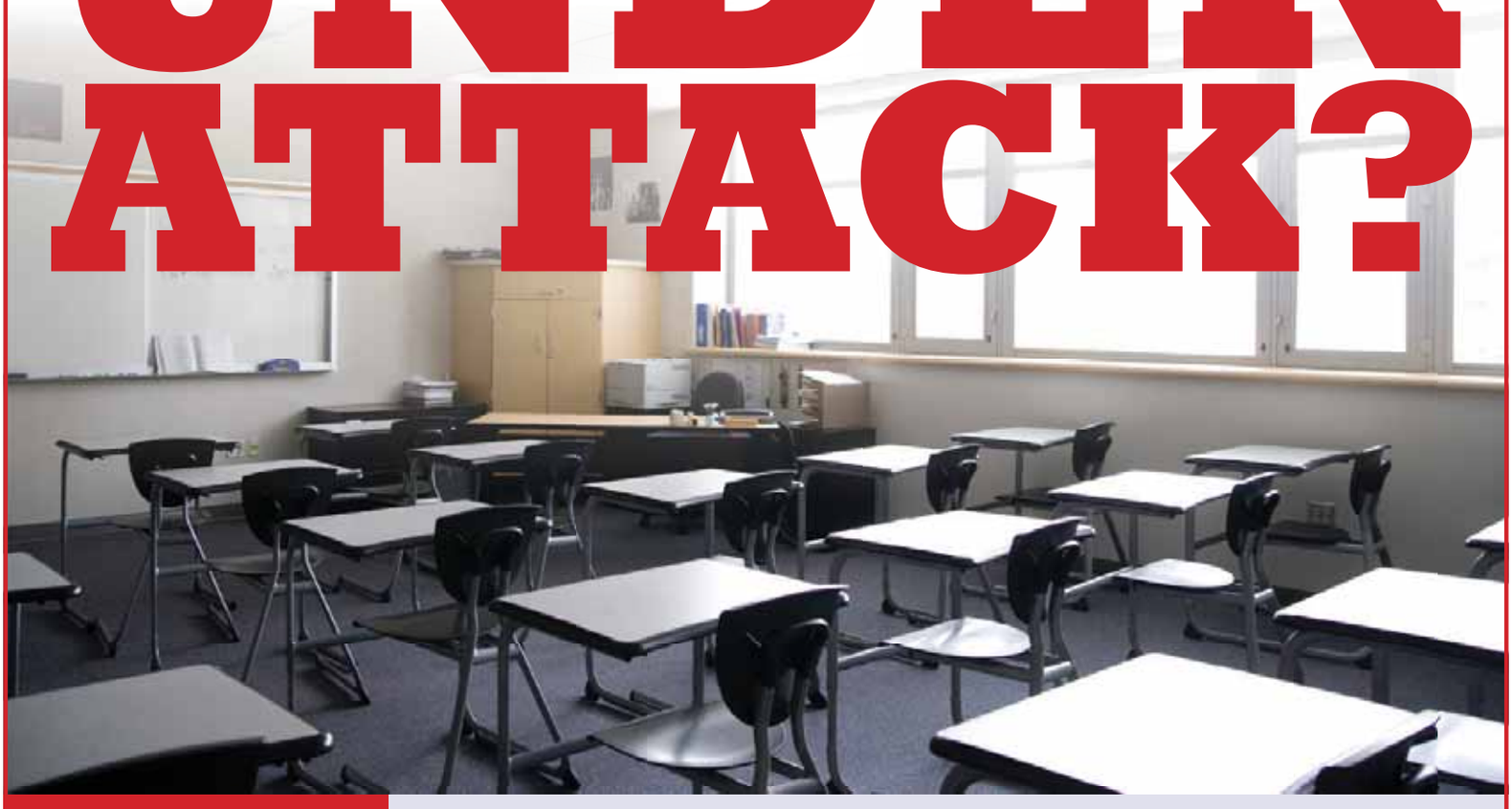

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[MARCH 16, 2012]

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Climate change. Rain City to get warmer and dryer, new report warns

Vancouver's summers will get warmer and significantly dryer over the next four decades, a report on adapting to climate change warned on Monday.

Average summer and winter temperatures in the Lower Mainland could rise by 2.5 C by 2050, while summer rain is expected to decrease by up to 20 per cent, said Blair Feltmate, chair and project director for the Climate Change Adaptation Project.

"Although on the surface this seems appealing, this can lead to ideal conditions for forest fires, droughts and other climate-related dangers," said Felmate, director of sustainable practice at the School of Environment, Enterprise and Development at the University of Waterloo.

The Climate Change Adaptation Project report released Tuesday projects that temperatures will rise across the country (4 C on average by 2050), with the largest increases in the Arctic, where the average temperature is predicted to rise by as much as 8 C by 2050.

More than 80 experts collaborated on the report, which offers 20 adaptation recommendations on areas such as city infrastructure, agriculture and freshwater resources. METRO

Adapt or fry

- The Climate Change Adaptation Project report is available at adaptnowcanada.com.

Welfare. Clark adds new wage supplements, extends work-search duty

A $5-million income-supplement program will help vulnerable British Columbia families, Premier Christy Clark says.

Clark says changes to the welfare system this year will help needy families with school-age children and allow people receiving disability assistance to earn up to $800 a month without losing their benefits.

The proposed program will give low-income families $100 for every child between five and 11 for school startup costs and $175 for every child 12 and over.

The assistance will also include more tax exemptions for families on welfare, a $200 monthly earnings exemption to welfare recipients eligible for work, and improved access to dental care for children.

In exchange, new welfare applicants will be required to search for work for five weeks, up from three.

Clark says the measures are the first pillar in what she has termed the Families First Agenda. THE CANADIAN PRESS

Union opposition

Bill 18 challenged in Supreme Court

Another piece of legislation drafted by the B.C. government is being questioned in the courts.

Two unions representing post-secondary employees say Bill 18 is undemocratic because it bans union activists from serving on the boards of colleges, institutes and universities.

The B.C. Supreme Court challenge was launched by the B.C. Government Employees Union and the Federation of Post-Secondary Educators.

Federation president Cindy Oliver says there has never been a problem in the past when unionized faculty members have served on the boards of post-secondary institutions. THE CANADIAN PRESS

Labour relations

Mediator to guide provincial bargaining talks

A mediator has been appointed in the stalled contract talks between the province and the B.C. Government Employees Union.

The Labour Relations Board has appointed Debbie Cameron as mediator. Cameron previously helped the BC Nurses' Union negotiate contracts. She begins her new appointment tomorrow.

The talks involving 25,000 government workers have hit an impasse over wages.

Last month, the workers voted 82 per cent in favour of job action to support the union's contract demands. THE CANADIAN PRESS

A woman takes a photo of the longhouse and 40.5-foot totem pole on top of the Skwachàys Healing Lodge, which officially opened on Monday. The affordable-housing development has 24 apartments and 18 healing-lodge suites. PHYLICIA TORREVILLAS/METRO

Home is where the art is for these native residents

Affordable housing. New development also has an art gallery and basement workshop

Shout it loud

"Once I started learning, I just got more creative and more proud to be First Nations."
Artist Randy Wisla

PHYLICIA TORREVILLAS
phylicia.torrevillas@metronews.ca

It's a "dream come true" for Randy Wisla to finally have a place to call home.

The 41-year-old is one of 24 people who will be living at the Skwachàys Healing Lodge, which had its official opening on Monday.

The recently completed housing development, managed and operated by the Vancouver Native Housing Society, provides 24 affordable homes as well as 18 healing-lodge apartments for aboriginal people travelling to Vancouver to seek medical treatment.

The building at 31 W. Pender St. houses an art gallery and basement workshop, where residents can create art for sale in the gallery. It also has a traditional longhouse and a 40.5-foot totem pole on top of the building.

Wisla, a jewelry designer, said he had been "couch surfing" with family and other relatives before he started staying at a shelter. Finally, he ended up at the new residence.

"I'm basically a starvin', carvin' kind of guy," he said. "I've felt kind of down and out, and that's why I wasn't really working anymore. Now I'm going to start working because I know that these people are here to help us as artists."

He said he's thankful for the new opportunity and will start working on new jewelry pieces he could showcase and sell in the gallery.

"I learned how to do jewelry from my father and also from (jewelry designer) Charles Harper," Wisla said. "I'd never known (Harper) all my life and I just met him recently. He taught me how to carve jewelry. Once I started learning, I just got more creative and more proud to be First Nations."

Follow Phylicia Torrevillas on Twitter @ptorrevillas

Police identify B.C. family members killed in Saskatchewan head-on crash

The RCMP has released the names of three members of a Sorrento family killed in a head-on crash between a car and an SUV in Saskatchewan on Sunday.

The collision killed Douglas Janzen, 47, and two of his children, Allie, 19, and Cassidy, 13.

Janzen's 42-year-old wife is in critical condition in a Saskatoon hospital while the couple's 16-year-old son also survived the accident.

They were in a car that tried to pass a transport truck when it struck the SUV on Highway 7, 120 kilometres southwest of Saskatoon.

Two people in the SUV were also injured in the crash.

Investigators say the collision occurred in a rainstorm when spray from a large truck may have obscured the road, just as the westbound car carrying the Sorrento family pulled out to pass. THE CANADIAN PRESS

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Provincial deal

Metro mayors discuss RCMP contract

Several Metro Vancouver mayors are meeting this week to discuss their concerns with a new 20-year RCMP contract for the province.

The mayors — including those from Burnaby, North Vancouver City, North Vancouver District and Port Coquitlam — say a regional policing concept is high on their agenda.

They are mulling their options after the province worked out a new deal with Ottawa that critics say includes hidden costs.

CKNW

Emily Carr tribute

Chemainus resident irked by planned 16-metre Carr monument

Residents of the Vancouver Island town of Chemainus are speaking out against plans to honour writer and artist Emily Carr with a massive monument.

Carr visited the Chemainus Valley in 1924 and died in 1945.

The 16-metre-tall thunderbird honouring her would be brightly coloured and include images of the sky and forest on the bird's outstretched wings.

Mark Kiemele called the project silly and a distraction, saying it would detract from the murals that have made the community well known.

VICTORIA TIMES COLONIST

Proposed rural service

Kamloops looks to seize dangerous dogs

Rural politicians near Kamloops are getting ready to vote on a service that will allow police to seize dangerous dogs.

It will cost 10 unincorporated areas in the Thompson-Nicola Regional District about $25,000 a year.

Regional director John Sternig says it makes sense to establish the service, especially when he hears the gut-wrenching tales of local residents.

One woman saw her lap dog torn up by two neighbouring dogs as she ran into her house clutching her two-year-old daughter.

KAMLOOPS DAILY NEWS

Students ready a sailboat at the Robotic Sailing Championships at the Royal Vancouver Yacht Club on Monday. DANIEL PALMER/FOR METRO

UBC engineers to set sail against U.S. navy

Robotic Sailing Championships. International contest between mechanical engineering faculties goes till Thursday

DANIEL PALMER
vancouver@metronews.ca

Any amateur sailing enthusiast knows it takes years to master the wind and waves, but what if a sailboat could sail itself?

That's what a team of UBC engineering students hope to prove when they take on the U.S. navy at the sixth annual Robotic Sailing Championships, which run until Thursday at the Royal Vancouver Yacht Club.

The event was dreamed up in 2004 by UBC graduate Erik Berzins and has since become an international competition between mechanical engineering faculties throughout North America and Europe.

"A few schools came out to Vancouver in '04, and we showed them we built a boat," Berzins said, noting that the experience helped land him a dream job as a yacht designer in Newport Beach, Calif.

Quoted

"These boats are fully autonomous now, which is pretty amazing."

UBC graduate Erik Berzins, who came up with the idea of the Robotic Sailing Championships in 2004

Since its inception, the technology has improved to the point where the 1.5-metre sailboats can navigate themselves with sophisticated wind sensors and GPS tracking.

"These boats are fully autonomous now, which is pretty amazing," Berzins said.

Participating universities include Aberystwyth University in Wales, California Polytechnic University and three-time defending champions the U.S. Naval Academy.

Kristoffer Vik Hansen, third-year integrated engineering student and UBC team captain, said it's satisfying to bring together engineers from a variety of backgrounds to complete a tangible goal, something that doesn't happen often in a classroom setting.

"One of the major challenges in a student team is to get everyone hyped about the project," Vik Hansen said. "We started out in September and went from basically scratch to building a new sailboat."

The hodgepodge team of engineers will race against eight teams in an 11-kilometre race in English Bay on Wednesday.

Ongoing dispute. Six-month occupation of Gitxsan treaty office ends

A six-month blockade of the Gitxsan Treaty Society office in Hazelton has ended peacefully, but the bitter dispute that deeply divides the community continues.

With police standing by Monday, auditors from Aboriginal and Northern Development Canada entered the office and secured computers, which will allow them to do an audit of the society's finances.

North District RCMP Const. Lesley Smith said the protesters left without incident.

"That's exactly what both parties were looking for was this resolution," she said.

The blockade in the northwest B.C. village began last December, shortly after a hereditary chief signed an agreement with Enbridge Inc. to support the proposed Northern Gateway pipeline from Alberta to the B.C. coast.

Hereditary Chief Norm Stephens said the Enbridge decision by a lone chief was the tipping point for people of the community in a years-old argument about whether the Gitxsan Treaty Society represents the Gitxsan people.

"These people are running rampant, they're doing whatever they please, they're not consulting properly with the people, they're most certainly not consulting with the proper chiefs," Stephens said of the treaty society.

The Gitxsan Treaty Society is spending millions of dollars but doesn't have a mandate from the community, he alleges.

Stephens said 92 per cent of the Gitxsan people voted earlier this year that they shouldn't be represented by the treaty society, but the split for hereditary chiefs was about 50-50.

Of 62 chiefs, 27 signed a declaration saying the members of the Gitxsan Treaty Society have been fired.

THE CANADIAN PRESS

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Students survive 9-day ordeal in N.Z. wilderness

Live to tell. Young American couple lived on trail mix after a snowstorm blocked their way back to civilization

Two U.S. students trapped in the New Zealand wilderness by a snowstorm trekked back out to safety after surviving their nine-day ordeal by rationing their meagre supplies of trail mix and warming themselves in hot springs.

Alec Brown and Erica Klintworth, both 21, returned to the city of Christchurch on Monday after meeting up with members of a search team — famished but otherwise in good shape, police said.

The two students, on a foreign study program in New Zealand with University of Wisconsin Stevens Point, had planned to hike and camp for a few days at some hot springs on the country's South Island. But heavy rains and a snowstorm during the Southern Hemisphere winter prevented the couple from being able to cross a river and return.

"Unfortunately it rained and rained, day after day, and snowed," Alec Brown wrote in an email to the Associated Press Monday.

He said the nights were tough to take because the rain and sleet pounded down on the tarpaulin covering their sleeping hammock and the river roared — reminding them all the time of their predicament.

When they realized they were going to be stuck they started rationing: "a biscuit and jelly one day," Brown wrote "and even less another."

The couple didn't take much food — some carrots, rice, peanut butter and trail mix, according to police Sgt. Sean Judd, who co-ordinated rescue attempts. He said that after three days, a steady rain started.

"Then on Wednesday the snowstorm hit and it got progressively worse," Judd said.

Brown said that soaking in the hot pools "helped keep us warm and slow energy loss."

It wasn't until Sunday, Brown said, that the river finally seemed safe enough to cross again. He and Klintworth prepared for their hike out by cooking up a "good meal" of rice, marshmallows, peanut butter and chocolate, he said.

THE ASSOCIATED PRESS

Quick trip to the hot springs:

The couple's ordeal began June 1 when friend Katie Jenkins, another UW student, dropped them off at a national park on the South Island's West Coast so they could hike and camp for a few days.

- "They were just going to the hot springs, to chill out and study for finals," Jenkins said.
- She continued with her own travels and didn't realize the couple were missing until eight days had passed, which is when she raised the alarm.

In this photo provided by Alec Brown, Alec, right, and his girlfriend, Erica Klintworth, pose near mountains at an unknown location. The two 21-year-old American students walked out of the New Zealand wilderness Sunday after a snowstorm trapped them for nine days. ALEC BROWN/THE ASSOCIATED PRESS

Cowbells back at Bomber games after fans make some noise

After a wail of protest from fans, cowbells will again be permitted at Winnipeg Blue Bombers home games.

"After listening to our fans, we would like to inform everyone that over-the-counter-purchased cowbells will be permitted at home games this season, but homemade noisemakers such as empty paint cans with rocks inside or any other device that may be deemed unsafe by our security staff will not be permitted," said Bomber VP Jim Bell in a prepared statement.

Despite the sudden change in policy from the Bombers, Bell insists the team is not back-peddalling and said he only received one email complaining about the new policy.

"You can call it back-peddalling if you like. We choose to call it proactive on behalf of the club. We got together this morning and decided what is best in terms of safety for the most loyal fans in Canada."

Bell said any noisemaker that appears to be made at home will not be allowed in the stadium.

Bell also responded to accusations that fan complaints are on the rise and that is why they have had to create more policies.

"I would say the complaints are less, but you don't sit on it. We try to get better off the field with all of our policies."

Bomber spokesperson Darren Cameron originally told media the club received numerous complaints about things like cowbells, drums and other noisemakers and the club had moved to ban the noisemakers.

Elliott High, 36, said he was bewildered. "I don't see the point of (banning noisemakers) in the first place, but I understand issues could happen. If there's a guy in the upper deck and he drops something onto the crowd in the lower deck, I guess I can see it."

High, a five-year season-ticket-holder, said he's never been annoyed by a cowbell at a game. "I think the noise and yells from the crowd far, far outweigh the noise from a cowbell."

The reaction online Monday morning, however, was swift and negative.

"Pretty choked about the 'no cowbells' rule considering the Bombers were selling the things just last year," said @jasonkressock on Twitter.

The Bombers also plan to ban flag poles and water bottles from outside the stadium. ELISHA DACEY/METRO WITH FILES FROM DAVE BAXTER/METRO

Forward pedalling?

"You can call it back-pedalling if you like. We choose to call it proactive on behalf of the club."

Bomber VP Jim Bell on the decision to reinstate cowbells after a recent ban

Dream Belieber

A girl sleeps under a picture of Justin Bieber near Mexico City's main plaza, the Zocalo, Sunday. Thousands of school-skipping tween girls and their parents streamed into the historic plaza on Monday, hoping to get the best spots for a free concert by the teen superstar.

MARCO UGARTE/THE ASSOCIATED PRESS

Guam

Man fakes own kidnapping to get cash from mom

Police in Guam have arrested a man for pretending to be kidnapped so that his mother would pay ransom money.

According to court documents, Justin Roy Jacosalem Santos told his mother he was being held hostage by a man with a gun. The mother paid $1,730 in four payments. THE ASSOCIATED PRESS

Autism research

Brains damaged when freezer goes on the fritz

Scientists say a freezer malfunction at Harvard-affiliated McLean Hospital has damaged one-third of the world's largest collection of autism brain samples.

Dr. Francine Benes, director of the Harvard Brain Tissue Resource Center, says it was "a priceless collection."

One hundred and fifty thawed brains had turned dark from decay.

THE ASSOCIATED PRESS

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100 feared dead in Afghan quake and landslide

Hindu Kush. No sign of buildings underneath when rescuers arrived; houses destroyed in five districts

As many as 100 people are feared dead in an earthquake and landslide that buried more than 20 houses in northern Afghanistan on Monday.

Rescuers have so far pulled two women's bodies from the rubble of the landslide in Baghlan province, said provincial Gov. Abdul Majid.

The UN confirmed one other death and said houses were destroyed across five districts.

A massive landslide of mud and rocks buried houses so deep in the remote mountain village of Sayi Hazara that rescuers gave up trying to use shovels to dig through.

There were no visible signs of the buildings underneath.

"We need bulldozers or other machinery," said Jawed Basharat.

Afghans listen to a national police commander, not pictured, after an earthquake. THE ASSOCIATED PRESS

Earthquake and landslide

An earthquake measuring a magnitude of 5.4 struck the Hindu Kush region Monday morning, followed by a 5.7 quake, the U.S. Geological Survey said. Both were felt as far away as the Afghan capital, Kabul, where buildings shook.

- Officials knew how many houses were buried only from information provided by area residents, who said between 25 and 30 houses "disappeared" in the landslide.

Baghlan province's Burka district, the site of the landslide, is a remote collection of mountain villages.

THE ASSOCIATED PRESS

Afghanistan

Pregnant woman killed by bomb

An ambulance struck a roadside bomb while rushing a pregnant woman and her family to a hospital in northern Afghanistan on Monday, killing the woman and four of her family members, the Interior Ministry said.

The incident makes a total of nine civilians killed in insurgent attacks or bombings in one day.

THE ASSOCIATED PRESS

Egypt

Mubarak gravely ill and depressed

Doctors used a defibrillator twice on Hosni Mubarak when they could not find a pulse Monday, the latest health crisis for the ousted Egyptian dictator since he was sentenced to life and moved to a prison hospital nine days ago.

Mubarak is slipping in and out of consciousness, suffers from high-blood pressure, breathing problems and depression.

THE ASSOCIATED PRESS

Afghanistan. Coalition airstrikes on civilian homes to be curtailed

The U.S.-led military coalition in Afghanistan is limiting airstrikes against civilian homes to self-defence for troops.

This follows a strike last week that killed women and children alongside insurgents, a spokesman for the alliance said Monday.

Such airstrikes are now being designated a weapon of last resort to rescue soldiers — this will cut back their use.

Though airstrikes on homes are a small part of the international operations in Afghanistan, they have brewed resentment among Afghans, even when there are no casualties, because homes and privacy have been violated.

Civilian deaths from such operations have threatened to derail the Afghan-U.S. alliance.

A pact signed by the Afghan government and the U.S. military in April, putting Afghans in charge of joint raids in villages, was supposed to ease these tensions.

Of the 3,000 NATO airstrikes in the past six months, only 10 of them were against civilian homes. Of those 10, seven resulted in civilian casualties. THE ASSOCIATED PRESS

Head of coalition forces Gen. John Allen, from left, U.S. Defense Secretary Leon Panetta and U.S. Ambassador Ryan Crocker in Kabul. THE ASSOCIATED PRESS

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First anti-terror convict's appeal now underway

Supreme Court. Defence argues life sentence is too harsh for crime, offender

Momin Khawaja THE CANADIAN PRESS

The life sentence imposed on the first man convicted under the country's anti-terror law is unprecedented and should be reduced, the Supreme Court of Canada was told Monday.

Momin Khawaja, a former Ottawa software developer, is serving life in prison with no parole eligibility for 10 years.

Khawaja was originally sentenced to 10-and-a-half years in prison after his conviction in 2008, but the Ontario Court of Appeal imposed the stiffer sentence when he appealed his case.

Khawaja's lawyer urged the Supreme Court to overturn that sentence and re-establish the original penalty.

"I am asking the court to say this unprecedented increase in sentence was wrong," lawyer Lawrence Greenspon argued Monday.

"A life sentence in this case is unfit for the offence and the offender."

Khawaja was convicted in 2008 of training at a remote camp in Pakistan, providing cash to a group of British extremists and offences related to building a remote-control detonator.

The prosecution failed to prove Khawaja knew the detonator was to be used to detonate a 600-kilogram fertilizer bomb in downtown London. But Greenspon said the appeal court held Khawaja responsible for that offence when it upped its sentence.

Khawaja's appeal is also focused on the legal definition of what constitutes "terrorist activity." His lawyer argues that the law is unconstitutional because it violates Khawaja's right to express political and religious views.

Greenspon said the motive clause in the law "will have a chilling effect" on free-speech rights. THE CANADIAN PRESS

Assault, abduction. Teen girls charged with human trafficking and pimping

JESSICA SMITH
Metro in Ottawa

Police have charged two 15-year-old girls with human trafficking for the forced prostitution of three other teenaged girls, a case investigators believe is unprecedented.

The girls are also charged with sexual and physical assault, forcible confinement, uttering threats, and abduction. Officers are looking for a third suspect, a 17-year-old girl.

The three female victims are aged 13 to 17. They were lured by the accused girls via social media and other means, and were forcibly confined and threatened, said Ottawa police staff sergeant John McGetrick.

"They were taken to other places for the purposes of prostitution," he said.

The victims were separately forced into prostitution; one on May 19, the second on May 31, and the third on June 3, he said.

"In checking with the RCMP, who have a lot of expertise in human trafficking, they are not familiar with another case of this nature," said McGetrick. "It's shocking."

McGetrick would not say if the accused girls had ever been victims of trafficking or prostitution themselves.

If anyone has information about this crime or similar crimes they are asked to contact the Ottawa Police Service Sexual Assault/Child Abuse hotline at 613-236-1222, ext. 5944 or Crime Stoppers toll free at 1-800-222-8477.

Montreal protest. Group calls for review of police actions over weekend

Montreal police are being accused of political profiling — of searching and detaining people wearing the red square, the symbol of Quebec's protest movement.

A Quebec student group is calling for an independent inquiry into police actions over the Formula One Grand Prix weekend while also gathering details from recent weeks for a potential lawsuit.

The group, the more hardline CLASSE student association, is now gathering testimonies from people who say their civil rights were violated.

Police denied the accusation that they specifically targeted red-square wearers. They admitted to searching out people they deemed suspicious, and of using preventive arrests, but they said they were acting under constitutionally reasonable grounds, for legitimate security reasons.

The CLASSE group says it has received testimony from about 100 people who said they were victims of preventive detentions and political profiling. "What we've been seeing these last few weeks, and what we saw this weekend in particular, is really without precedent," CLASSE co-spokesman Gabriel Nadeau-Dubois said Monday.

Police said the biggest annual tourist event in Canada had been threatened.

Meanwhile, Quebec student activist Mathieu Girard was arrested while heading to his sister's funeral on Monday, an act his lawyer described as "completely inhumane." Girard could face criminal-mischief charges for acts committed during protests.
THE CANADIAN PRESS

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Greek extremist suing politicians he attacked on TV

Avoided arrest. Party spokesperson claims he was hit first

Ilias Kasidiaris
PETROS KARADJIAS/THE ASSOCIATED PRESS

The Greek extreme-right party spokesman who caused an uproar last week by slapping one female politician on live TV and throwing a glass of water on another has sued the two women as well as the television channel that hosted the news show.

The move Monday by Ilias Kasidiaris, the 31-year-old spokesman for the extremist Golden Dawn party, is the latest twist in a bizarre political saga. Kasidiaris himself avoided an arrest warrant for the confrontation last Thursday, resurfacing late Sunday after the warrant had expired.

Kasidiris appeared at an Athens court Monday, flanked by other party members, to submit lawsuits against Communist Party candidate Liana Kanelli and Syriza party member Rena Dourou on charges of alleged unprovoked insults and against Antenna television for alleged illegal detention.

Authorities had issued an arrest warrant for Kasidiaris after he threw water over Dourou and then slapped Kanelli hard three times across the face during a heated discussion on a morning political show Thursday. A video of that show has been widely seen on the Internet.

Under Greek law, an arrest warrant for a misdemeanour must be carried out by midnight the day after the act has occurred, in which case a trial is immediate.

If the suspect is not apprehended within that time frame, the case turns into a judicial procedure in which a trial date is set, often for several months or even years later.

Kasidiaris laid low immediately after the incident, but resurfaced Sunday evening at the opening of a Golden Dawn office in an outlying part of Athens.

Kasidiaris argues that he was provoked by insults during the television show and that the 58-year-old Kanelli hit him first with a newspaper.

THE ASSOCIATED PRESS

Thwarting Russian protesters

An investigator guarded by Russian police officers carries a box after a police search in Russian opposition leader Alexei Navalny's flat in Moscow on Monday. Russian investigators searched the apartments of several protest leaders and called them in for questioning Tuesday, making it difficult if not impossible for them to lead a mass demonstration against President Vladimir Putin planned for the June 12 national holiday. LEONID LEBEDEV/THE ASSOCIATED PRESS

Tough call to make

KKK group applies to join Adopt-a-Highway program

A Ku Klux Klan group is trying to join Georgia's Adopt-A-Highway program for litter removal, creating a quandary for state officials

The International Keystone Knights of the KKK applied last month to adopt a short stretch of Route 515 in the Appalachian Mountains.

THE ASSOCIATED PRESS

New title needed

Kindness of America writer shot

A man who is hitchhiking across the U.S. and writing a memoir called The Kindness of America was hurt in a random drive-by shooting, authorities said.

Ray Dolin was sitting by a rural highway in Montana waiting for a ride Saturday when a man drove up, shot him in the arm and drove off, a sheriff said. Dolin approached the truck thinking the driver was offering him a ride, the sheriff said.

THE ASSOCIATED PRESS

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HONDA

British Prime Minister David Cameron and his wife Samantha appear at a party conference in this file photo. THE ASSOCIATED PRESS FILE

British PM leaves daughter, 8, in pub

Family outing. Child was separated from parents for 15 minutes — until Cameron popped round the Plough to collect her

It's every parent's nightmare — get home, and realize a child is missing.

British Prime Minister David Cameron's office confirmed Monday that he accidentally left his eight-year-old daughter Nancy in a country pub after a family Sunday lunch.

Officials said the incident happened "a couple of months ago," as the family was leaving the pub near Chequers, a country house prime ministers use while in office, west of London.

Nancy had gone to the bathroom while Cameron and the rest of the family piled into two cars to drive back to the house.

Cameron was travelling in one car with his bodyguards and assumed that she was in the other car with his wife Samantha and two other children. Samantha assumed Nancy was with her father, and they only realized she was missing when they got home.

In a statement, Cameron's Downing Street office said "the prime minister and Samantha were distraught when they realized Nancy wasn't with them. Thankfully when they phoned the pub she was there safe and well."

Nancy was separated from her parents for around 15 minutes until Cameron arrived to collect her from the Plough in the village of Cadsden, officials said.

Sunday pub lunches have long been traditional in Britain, with fare often including roast beef, potatoes, and salad along with red wine, beer or ale.

THE ASSOCIATED PRESS

Partisan era. Reagan, dad, wouldn't have fared well in today's GOP: Jeb Bush

Former Florida Gov. Jeb Bush
THE ASSOCIATED PRESS FILE

Respected Republican Jeb Bush suggested Monday that neither adored conservative icon Ronald Reagan nor his own father, George H.W. Bush, would have enjoyed much success in today's ultra-conservative, intensely partisan Republican party.

"They got a lot of things done with bipartisan support, but right now it's just difficult to imagine," Bush, brother of the 43rd U.S. president and son of the 41st, said in a roundtable discussion with reporters and editors held by Bloomberg View in Manhattan.

"Ronald Reagan would have, based on his record of finding accommodation, finding some degree of common ground, as would my dad — they would have a hard time if you define the Republican party — and I don't — as having an orthodoxy that doesn't allow for disagreement, doesn't allow for finding some common ground."

THE CANADIAN PRESS

Water-dropping chopper

A helicopter makes a water drop on the High Park wildfire near Fort Collins, Colo., on Monday. While that fire burns out of control in northern Colorado, an unchecked blaze is choking a small community in southern New Mexico. ED ANDRIESKI/THE ASSOCIATED PRESS

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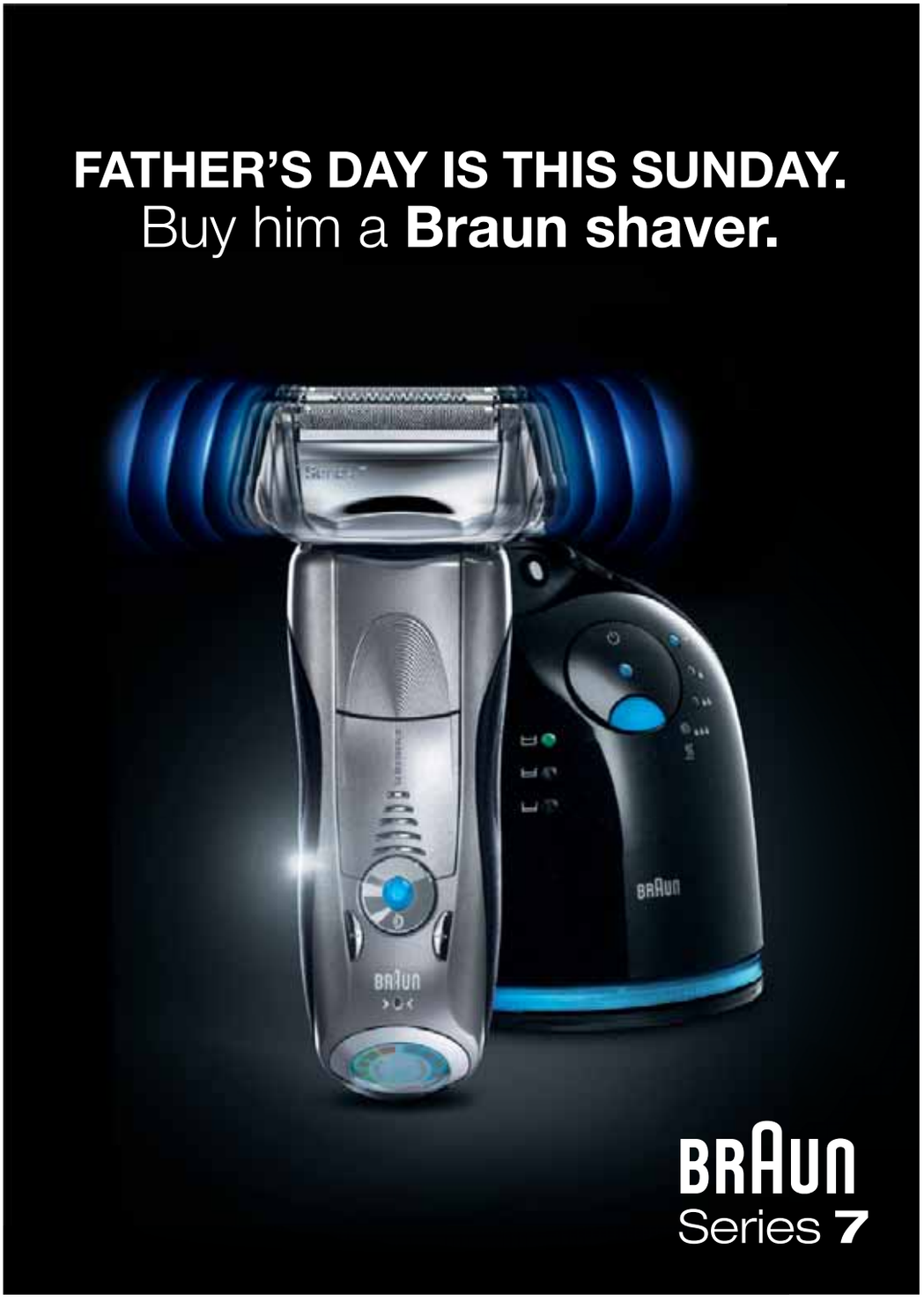


U.S. warns of potential 'massacre' in Syria

Civilians trapped. Residents of rebel-held areas face peril as government forces try to take back positions

The United States accused the Syrian government of using "new horrific tactics" Monday, as UN observers reported Syrian helicopters were firing on rebellious areas and concerns mounted that civilians were trapped in besieged cities.

Violence in Syria has spiked in recent weeks, as both sides ignore an internationally brokered ceasefire that was supposed to go into effect April 12 but never took hold.

State Department spokeswoman Victoria Nuland expressed concern about reports the regime "may be organizing another massacre" in Latakia province, where UN monitors have been impeded.

Speaking to reporters in Washington, Nuland said Syrian forces should remember Bosnia in the 1990s, and how the international community can find out who is responsible for abuses. "People will be held accountable," Nuland warned.

Activists reported more than 50 people killed across Syria on Monday, with violence in Homs, Idlib and Latakia provinces. According to activists' accounts, Syrian troops with helicopter gunships attacked Rastan, a rebel-held town in Homs province. Rastan has resisted repeated government offensives for months.

The death toll and the online videos were impossible to independently verify.

According to videos posted online, fireballs of orange flame and black rubble exploded in the air as waves of shells pounded residential buildings in Homs on Monday. The sounds of shells whooshed through the sky and there was occasional sporadic machine-gun fire.

"What we are seeing right now are fierce clashes as the Syrian army tries to take back positions held by the rebels," said Rami Abdul-Rahman of the Britain-based activist group Syrian Observatory for Human Rights, which uses a network of sources on the ground.

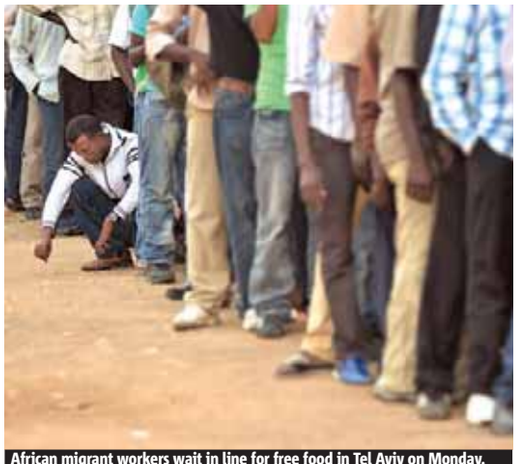
International envoy Kofi Annan said Monday he was "gravely concerned" about the escalation of fighting in Syria, citing the shelling of opposition areas in central Homs province and reports of mortar, helicopter and tank attacks near the Mediterranean coast.

THE ASSOCIATED PRESS

This citizen journalism image released by Sham News Network purports to show anti-Syrian regime mourners raising their hands on Saturday as they carry the coffins of citizens killed by government troops in Daraa, Syria. According to the Britain-based Syrian Observatory for Human Rights, many died in heavy pre-dawn shelling on the city, where the uprising began in March 2011. THE ASSOCIATED PRESS

Quoted

"There are indications that a large number of civilians are trapped in these towns."
Ahmad Fawzi, spokesman for envoy Kofi Annan, in a statement



African migrant workers wait in line for free food in Tel Aviv on Monday. Israeli authorities detained dozens of African migrants in pre-dawn raids early Monday. ARIEL SCHALIT/THE ASSOCIATED PRESS

Mass deportations planned. Israel begins crackdown on illegal African migrants

Israeli authorities detained dozens of African migrants in pre-dawn raids early Monday, in the first major step toward what leaders say will be the deportation of 4,500 people who have entered the country illegally.

The arrests were the harshest move yet against migrants, reflecting growing concern about the effect on Israel of tens of thousands of Africans who have sneaked into the country across the porous Egyptian border in recent years.

Israeli leaders have grown increasingly alarmed by the influx, calling it a burden and threat to the country's Jewish character.

An Interior Ministry spokeswoman said 55 people, including 45 from South Sudan, were rounded up in Monday's raids, which took place in several towns across the country. More raids were planned in the coming days, she said. In the Red Sea tourist town of Eilat, Channel 10 TV showed images of migrants quietly piling suitcases and belongings in the back of a police truck before being driven away.

The crackdown came in the wake of a landmark court decision last week that cleared the way for the expulsion of 4,500 migrants. The order applies only to people from nations that have friendly relations with Israel, mostly from the newly established state of South Sudan.

These people, however, represent only a small percentage of the estimated 60,000 Africans now in Israel. Some claim asylum, while others are simply looking for work in a relatively prosperous country.

THE ASSOCIATED PRESS

Quoted

"We, the Jewish people, are sensitive to every refugee. But refugees only. We cannot allow ourselves to flood the country with infiltrators and migrants."
Israeli Interior Minister Eli Yishai

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Former Penn State University assistant football coach Jerry Sandusky arrives at court Monday for trial. GENE J. PUSKAR/THE ASSOCIATED PRESS

Ex-football coach a serial predator, court hears

Jerry Sandusky. Trial of former Penn State assistant coach, who's charged with abusing 10 boys, begins

The prosecutor called Jerry Sandusky a serial predator in opening statements Monday, while a defence lawyer said the young men accusing the former Penn State assistant football coach of sexual abuse had a financial interest in the outcome.

Senior Deputy Attorney General Joseph McGettigan III opened Sandusky's highly anticipated trial Monday by telling jurors that the 68-year-old retired coach was a pedophile who took advantage of fatherless children or those with unstable home lives and sexually abused them for years.

McGettigan said he would prove that the abuse included oral and anal sex involving boys Sandusky met through a children's charity.

Sandusky faces 52 criminal counts that he sexually abused 10 boys over 15 years, allegations he has denied.

THE ASSOCIATED PRESS

Dark day for college ball

Sandusky's lawyer, Joe Amendola, said the young men who would take the stand are accusers, not victims. He said jurors may find it odd that Sandusky showered with children, but that it was innocuous, and part of Sandusky's upbringing.

- Two Penn State administrators are awaiting trial on charges they failed to properly report suspected abuse and lied to the grand jury.
- His arrest and the fallout led to departures of longtime football coach Joe Paterno and the university president.

Dongguk University

Lawsuit against Yale thrown out

A U.S. judge has dismissed a lawsuit against Yale University by a South Korean university that claimed it lost tens of millions of dollars after Yale damaged its reputation.

Dongguk University claimed in the 2008 lawsuit that Yale wrongly confirmed that an art history professor Dongguk hired earned a doctorate at the school.

Court papers say Shin Jeong-ah later had a scandalous affair with an aide to South Korea's president at the time.

Dongguk sued Yale for more than $50 million, saying it lost that amount in government grants, alumni donations and the costs of building a law school the government later refused to approve.

The judge dismissed allegations of defamation and negligence, saying there was a lack of evidence of malice.

THE ASSOCIATED PRESS

Red Hot Chili Peppers

Drummer Chad Smith booed

The drummer for the Red Hot Chili Peppers was booed at an Ohio show, highlighting the deep football rivalry between Ohio State University and the University of Michigan.

Drummer Chad Smith was booed by a large crowd at Ohio State University last week after he began to sing a few lyrics to Michigan's fight song.

Smith walked around the stage after the band's encore performance last Monday and threw his drumsticks into the crowd.

Then he grabbed the microphone and began to sing the lyrics to "The Victors."

The Columbus crowd immediately began to boo him as he dropped the microphone and walked away.

Smith didn't attend Michigan but grew up in the Detroit area.

THE ASSOCIATED PRESS

South Asian 'Spring'?

Supporters of Bangladesh's 18-party opposition alliance hold a mass rally in Dhaka, Bangladesh, Monday. The opposition led by former prime minister Khaleda Zia is demanding that the government restore a caretaker government system to oversee the next general elections slated to be held in 2014.

ZIA ISLAM/THE ASSOCIATED PRESS

Sectarian tensions rise in Myanmar

Clashes. President blames violence on grievances, vengeance of ethnic groups

A resident throws water at a house in flames in Sittwe, Myanmar, Monday. KIHN MAUNG WIN/THE ASSOCIATED PRESS

With residents cowering indoors, security forces patrolling a tense town in western Myanmar collected bodies Monday from homes burned to ashes in some of the country's deadliest sectarian bloodshed in years.

The conflict along ethnic and religious lines has left at least seven people dead and hundreds of homes torched since Friday and poses one of the biggest tests yet for Myanmar's new government as it tries to reform the nation after generations of military rule. The handling of the unrest will draw close scrutiny from Western powers, which have praised President Thein Sein's administration and rewarded it by easing years of harsh economic sanctions.

Thein Sein declared a state of emergency in the region late Sunday and pleaded for an end to the "endless anarchic vengeance," warning that if the situation spun out of control, it could jeopardize the democratic reforms he has begun.

The unrest — triggered by the rape and murder last month of a Buddhist girl, and the lynching of 10 Muslims in apparent retaliation — stems from long-standing tensions.

The region's Rohingya Muslims are seen by the government as illegal migrants from Bangladesh and are not recognized among Myanmar's ethnic minorities. Though some are recent settlers, many have lived there for generations. The government position has rendered the Rohingyas effectively stateless, and rights groups say they have long suffered discrimination. THE ASSOCIATED PRESS

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Mexico

Two killed in run-up to elections

The campaign for Mexico's July 1 national elections have been marred by bloodshed.

A candidate for a state assembly seat has been shot to death in the Pacific coast state of Guerrero, and a supporter of President Felipe Calderon's National Action Party has died of a gunshot wound in the southern state of Chiapas.

Guerrero state officials say state assembly candidate Margarito Genchi was found shot to death. Chiapas state prosecutors say they are searching for a mayoral candidate who a witness claims shot a National Action supporter in a town outside the state capital. THE ASSOCIATED PRESS

New Jersey

Yacht explodes near vacation spot

A motor yacht with people aboard exploded on Monday near a popular summer vacation spot and quickly sank, but no injuries were immediately confirmed, the U.S. Coast Guard said.

Twenty-one people were aboard the yacht, the Blind Date. The cause of the blast was unknown. THE ASSOCIATED PRESS

Vatican. Health details of ex-bank chief published

Pope Benedict XVI

RICCARDO DE LUCA/THE ASSOCIATED PRESS

The Vatican said Monday it "truly regrets" the publication of a letter from a psychotherapist detailing the mental health of the Vatican's recently ousted bank chief, as yet another Holy See document leak exposes the unseemly side of the Catholic Church's governance.

The letter was published in an Italian newspaper Saturday and appeared aimed at further discrediting and humiliating the Vatican bank's ex-president, Ettore Gotti Tedeschi, once a top papal adviser. The bank's board ousted Gotti Tedeschi on May 24, accusing him of failing to do his job, leaking documents and impeding the Vatican's efforts to be more financially transparent.

The ouster was a stunning show of Holy See power struggles playing out in real time, and it came amid one of the greatest scandals facing Pope Benedict XVI's seven-year papacy: the continuous leaks of confidential documents that have laid bare allegations of church corruption, intrigue and even homosexual relationships under Benedict's watch.

The pope's personal butler has been arrested in the case, accused of aggravated theft after reams of papal documents were found in his Vatican City apartment.

All told, the content of the leaked documents hasn't posed a threat to Benedict's papacy or revealed any great scandal, and on Monday Benedict once again urged his collaborators to remain faithful to him. But the continuous hemorrhaging of confidential memos has painted a picture of a church hierarchy that is little more than a petty, provincial Italian bureaucracy engaged in occasional Machiavellian power plays.

It is unclear who leaked the latest letter about Gotti Tedeschi. It was published Saturday alongside letters from two bank board members to the Vatican secretary of state outlining what they considered Gotti Tedeschi's professional failings. THE ASSOCIATED PRESS

Ready to rock despite Curious glitch

Mars prepares for a visitor. Craft still heading for crater after being given clean bill of health

The latest NASA spacecraft to head to Mars is due to land in August, even as engineers are troubleshooting a contamination issue with one of its instruments.

Mission managers said Monday the near-one-tonne rover named Curiosity looks healthy.

It is headed for a crater near the Martian equator on a two-year mission to study whether the environment could have been suitable for primitive life.

The mission has been nagged by an issue with the rover's drill that will bore into Martian rocks.

Inspector gadget

Tricks up its sleeve.

- Curiosity rover has a set of tools at the end of its arm, which extends about two metres.

Before launch, tests showed that when handled a certain way, the drill produced a contaminant that could leak into samples gathered.

A team has been studying ways to get around the problem.

Project manager Pete Theisinger says he's confident Curiosity will still achieve all its goals.

THE ASSOCIATED PRESS

An artist's rendering of Curiosity rover. NASA/JPL-CALTECH/THE ASSOCIATED PRESS

Bias-free from Beirut?
New TV station said to reflect 'reality as it is'

A new pan-Arab TV station that went on the air Monday courts viewers who see mainstream coverage of the political upheaval sweeping the Middle East as biased against the regimes in Syria and Iran and their close ally in Lebanon, the powerful Shiite militant group Hezbollah.

The Beirut-based station Al-Mayadeen, Arabic for The Squares, hopes to counter the influence of regional media heavyweights like Al Jazeera and Al-Arabiya, both funded by oil-rich Sunni Gulf Arab countries that have backed the uprising against Syrian President Bashar Assad.

It also promises to support the Palestinian cause and all forms of "resistance" — a term in Mideast parlance usually used to describe Hezbollah and other groups that fight Israel.

Al-Mayadeen is headed by Ghassan bin Jiddo, a well-known Tunisian journalist who quit Qatar-based Al Jazeera last year to protest what he contended was one-sided reporting in favour of the Syrian opposition. Since the Syrian revolt began 15 months ago, some Arabs have accused Al Jazeera of whipping up public opinion against Assad's regime and playing on sectarian tensions.

"I am against any media that may deviate to the level of provocation, incitement and sedition," bin Jiddo has said of his resignation from Al Jazeera.

Bin Jiddo has pledged a balanced and professional approach at Al-Mayadeen, but his background has skeptics wondering whether the station will simply be a mouthpiece for Iran and Syria.

Bin Jiddo used to lead Al Jazeera's Beirut operations and was the only journalist who was granted an interview by Hezbollah leader Sheik Hassan Nasrallah during the 2006 war between Israel and Hezbollah.

"We do not speak in the name of Iran or the Syrian regime, we are a completely independent channel which reflects reality as it is," bin Jiddo said at a press conference in Beirut this week.

There has been much speculation over the source of funding for Al-Mayadeen, which employs about 300 workers. Bin Jiddo has denied it was receiving money from any country, saying it is funded by businessmen whose identities he would not disclose.

THE ASSOCIATED PRESS

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Markets not affected by budget delays

Omnibus bill. Harper government selling speedy passage of C-38 as essential to job creation, economy

The political brouhaha over the Harper government's massive omnibus budget bill seems to have raised barely a ripple in the arena it's supposed to matter most — equity and financial markets.

That's because regardless of the merits of the 425-page bill under scrutiny in Parliament, economists say there are few worries on Bay Street that at the end of the day the budget will be rejected, an unusual response given the way the government has sold the urgency of passing C-38 — and quickly.

For the past several weeks, Tory ministers have pressed the case that delay is not an option given the fragile nature of the economy and that jobs and growth were at stake.

Budget components

The budget's major themes have an eye to the long game — free trade and innovation as economic drivers, a more sustainable public-pension system that won't kick in until 2023, changes to environment-protection rules to speed up future resource projects, and tweaks to employment insurance eligibility rules to encourage job seeking.

On Sunday, Tory House Leader Peter Van Loan characterized the issue in stark terms. "The NDP and Liberals' obstruction and delay is a threat to Canada's economic growth and prosperity," he affirmed in a release. The opposition dismissed such warnings as so much hooey, that, in Green party Leader Elizabeth May's words, they "would be laughable if it weren't so serious."

THE CANADIAN PRESS

Craig Federighi, vice-president of Mac Software, talks about the new Mountain Lion software during the Apple Developers Conference in San Francisco on Monday. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

iPhone 'friends' Facebook

Fresh off a disappointing initial public offering, Facebook is getting a big boost from Apple, which is building the social network deep into its iPhone and iPad software.

With the next version of Apple Inc.'s software, users will be able to update their Facebook status by talking to their phones. Users will also be able to "Like" movies and apps in Apple's iTunes store, Apple executive Scott Forstall said in San Francisco at Apple's annual developers' conference.

Siri, Apple's voice-command application, will add a host of new languages, including Spanish, Korean and Mandarin Chinese, Forstall said. "She" will also be able to launch applications and movies. She will also run on iPads for the first time.

Apple says the new software, iOS 6, will launch this fall. It updates the software annually, usually coinciding with the release of a new iPhone.

Even as Apple lends Facebook a hand, it's cutting off one of its links to Google Inc., which makes a rival suite of software for smartphones. IOS 6 will use Apple's own Maps applications rather than Google's. The application will come with traffic reports and turn-by-turn navigation.

Apple also said the new version of its Mac operating system, Mountain Lion, will go on sale next month for $20 US. The update brings features from Apple's phone and tablet software, like the iMessage texting application, to the Mac.

THE ASSOCIATED PRESS

Microsoft

The Orwellian future of ads?

Microsoft has filed patents for systems that can scan online activity, including facial expressions captured in video conversations, to detect a user's emotions in order to match online advertisements with their moods.

A recently surfaced patent application describes pairing advertisers with users in a particular emotional state. This would see weight-loss ads matched with unhappy people and electronic ads with happy people. TORSTAR NEWS SERVICE

Market Minute

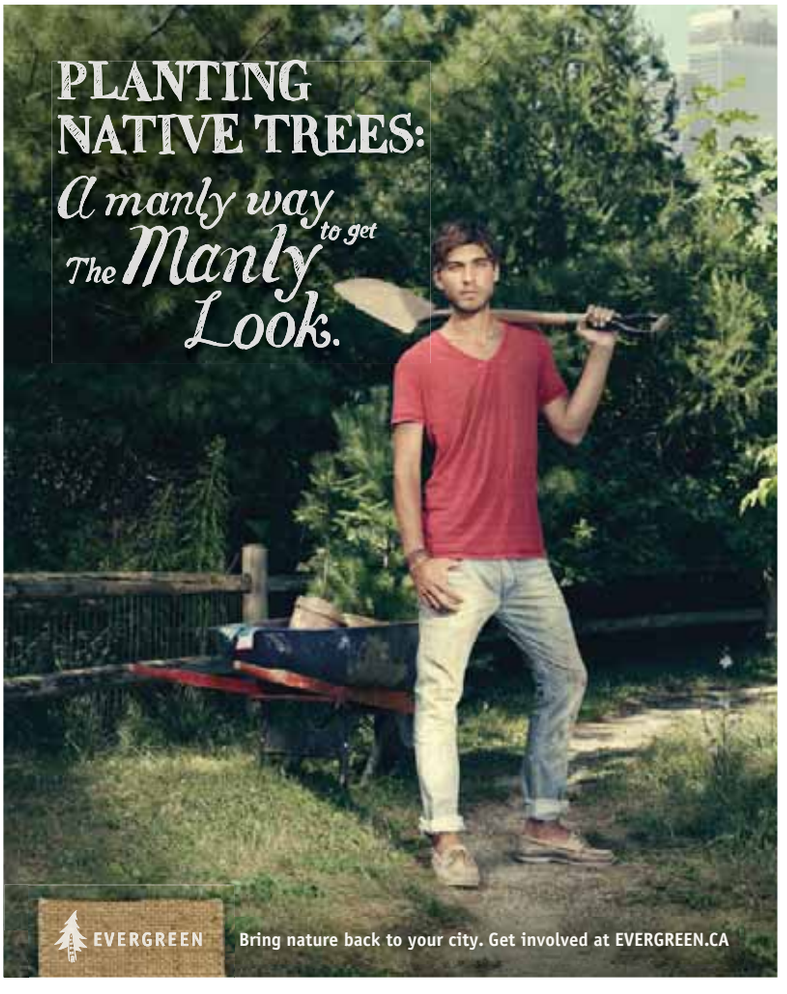
DOLLAR 96.97¢ US (-0.4¢)

TSX 11,401.78 (-98.85)

OIL $82.70 US (-$1.40)

GOLD $1,596.80 US ($5.40)

Natural gas: $2.218 US (-8.1¢)
Dow Jones: 12,411.23 (-142.97)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Social media

Facebook finding fewer friends, report states

Facebook's growth appears to be slowing, particularly in the U.S., according to a report in the Wall Street Journal. Unique U.S. visitors to the wildly popular social media site rose five per cent in April to 158 million, according to comScore.

THE ASSOCIATED PRESS

Google

French publishers agree to end copyright clash

Google and a group of French book publishers say they've resolved a long-running dispute over Google's book scanning and indexing efforts. Google and France's National Publishers Association will propose a "framework agreement."

THE ASSOCIATED PRESS

Real estate crash in Toronto, Vancouver unlikely: TD Bank

Housing market. Condos at greatest risk in both cities, but there may be enough demand to absorb the supply, report finds

Vancouver and Toronto home prices will probably experience a relatively mild downturn — of about 15 per cent — in two to three years, but not the dramatic drop that hit the United States a few years ago, according to a report by the Toronto-Dominion banking group.

TD said Monday the 15 per cent decline in Canada's two most expensive cities is likely in a few years but it will be gradual, rather than the sudden drop of 30 per cent seen in the U.S. real estate market after it peaked in late 2007.

The bank's analysis is consistent with other warnings that Vancouver and Toronto real estate is generally overpriced but supported by low interest rates and a stable economy.

That's not likely to change this year unless there's a major economic shock from outside the country, the TD report said.

In the meantime, TD says Vancouver's real estate market is stabilizing after soaring last year and Toronto prices appear poised for a robust increase.

"Some observers might point to the recent data in Vancouver as evidence that housing activity is going through a long-awaited correction. But the jury remains out. As we've pointed out, despite the recent pull-back in sales, the market remains in balanced territory and underlying prices are continuing to expand," wrote TD economists Derek Burleton and Leslie Preston.

"In our view, Vancouver's market is likely to show increased stability over the remainder of this year. Meanwhile, there appears to be little stopping Toronto's market from recording robust gains and continuing to play catch-up with its West Coast counterpart."

THE CANADIAN PRESS

Spanish bailout. Investor glee turns to debt concern

Euphoria over a lifeline of up to $125 billion US to rescue Spain's hurting banks morphed into a financial-markets rout in a matter of hours Monday, as investors digested the still-undefined plan and became concerned the country may be unable to repay the new loans.

The rate on Spanish 10-year bonds — a measure of market trust in a country's ability to repay debt — rose to an alarmingly high yield of 6.47 per cent at the close of trading after falling to six per cent in the morning. And the benchmark IBEX-35 stock index closed down 0.5 per cent after surging six per cent in the morning.

Overshadowing Spain's acceptance over the weekend of a bailout for banks burdened by toxic property assets and loans are Greek elections next weekend and concerns that the anti-bailout left-wing party Syriza could become the largest party in parliament, putting the country's membership in the zone at risk.

THE ASSOCIATED PRESS

Quoted

"Plenty of risk still remains in place, with question marks over the ability of Spain to repay the debt."

Anita Paluch of Gekko Global Markets
in a note to clients

Europe taking important steps to steady banks with bailouts: Carney

Europe is taking important steps to resolve weaknesses in its banking system that threaten one of the world's largest economic powerhouses, Bank of Canada governor Mark Carney told an economic conference Monday.

Carney said moves to centralize and recapitalize banks on a European rather than national basis will help to "break the increasingly toxic links between banks and sovereigns."

Earlier Monday, the International Economic Forum of the Americas was told Europe faces severe challenges but is taking the right steps by solidifying the banking system of its weakest members.

Michel Barnier, European commissioner responsible for internal market and services, told the conference he didn't think Europe is at "one minute to midnight."

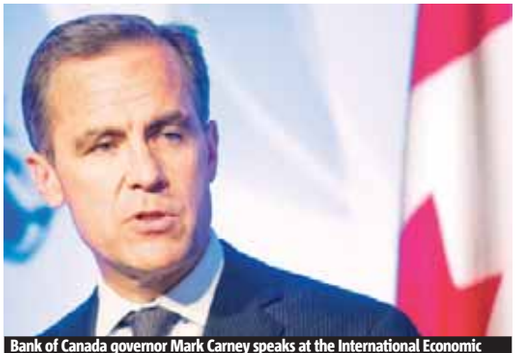
"I think Europe is making the right decisions," Barnier said.

THE CANADIAN PRESS

Watchful eye

Political, economic and regulatory officials from around the world are meeting at the four-day conference amid the financial crisis in Europe and concerns about economic growth around the world.

- Riot police kept a watchful eye on protesters while security officers blocked the entrance at the downtown Montreal hotel hosting the conference.



Bank of Canada governor Mark Carney speaks at the International Economic Forum of the Americas in Montreal on Monday. GRAHAM HUGHES/THE CANADIAN PRESS

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392

THERE'S NO DEFENCE FOR DIGITAL SNOOPING

SHE SAYS...
Jessica Napier
metronews.ca/shesays

I hate to admit it, but sometimes I can't resist the urge to take a nosy peek at the contents of my boyfriend's cellphone.

I've never felt suspicious of him, maybe just a bit curious as to what I might find. Fortunately, I've never discovered any incriminating materials or made any startling revelations about our relationship. All I ever find is a series of missed calls from his mother and an embarrassingly low Angry Birds score.

I spy with my little eye

While feeling the desire to pry into password-protected belongings isn't intrinsically wrong, acting upon it certainly is.

Even though my occasional smartphone spying is relatively harmless, I always feel foolish and irritated with myself afterwards for acting like a jealous teen. Being in a grown-up relationship requires a certain level of trust. So while feeling the desire to pry into password-protected belongings isn't intrinsically wrong, acting upon it certainly is.

For some people, a logged-in Facebook account or an unlocked iPhone is just too tempting. If you do give in to the urge, it's always a disappointing experience. You'll never find a series of text messages to his or her friends about how amazing you are. Best-case scenario, you'll scroll through a series of boring work emails and perhaps a few photos of the two of you. At worst, you'll catch your partner in a hazardous web of secrecy and lies.

So why do we spy even though we know that no good can come from it? The desire to play detective can stem from many things: suspicions of foul play, insecurity or jealousy. But whatever the reason, even if it is just innocent curiosity, there's no respectable excuse for violating your partner's privacy.

Not only is it morally questionable to breach someone's personal property, it can be an emotional minefield. Hacking into a Facebook account to find proof of infidelity might validate your jealousy, but it isn't going to make you feel any better. The Catch-22, of course, is that you can't confront your adulterous other half without exposing your own immature, unethical behaviour.

Happy, healthy relationships are the result of hard work and open communication. If you're not satisfied with face-to-face dialogue and feel the need to go behind the other person's back, well, then something isn't right.

Ultimately, there is no excuse for betraying your partner's trust in the name of private investigation. So think before you act and be honest with yourself — you're not doing it to learn more about his or her taste in apps, you're hoping to find something incriminating.

And remember, if you go looking for something bad, you're probably going to find it.

Look and you shall find. GETTY IMAGES

Unearthing China's past

THE ASSOCIATED PRESS

Warriors revealed

Standing tall, again, centuries later

A terracotta warrior is unearthed at the excavation site inside the No. 1 pit of the Museum of Qin Shihuang Terracotta Warriors and Horses in Xi'an, in central China's Shaanxi province, in this photo taken on Saturday.

Chinese officials said archaeologists unearthed 110 terracotta warriors that had lain buried for centuries. THE ASSOCIATED PRESS

Researchers unearth statues at the excavation pit. The statues were originally built to guard the tomb of China's first emperor. THE ASSOCIATED PRESS

Historic find

"The most significant discovery this time around is that the relics that were found were well-preserved and colourfully painted."

Shen Maosheng, deputy head of the Museum of Qin Shihuang Terracotta Warriors and Horses archaeology department, speaking to the AFP of the three-year project.

Metropolitan Panel

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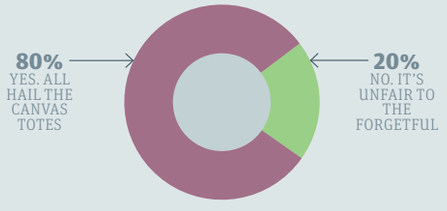
Should cities ban plastic bags?



Twitter

@bifnaked: Sending POWER to my chemogrrl Jennifer today!!! LOVE and LIGHT all day and night, Grrl! #TogetherWeAreStronger #CancerFighters #BlessUs

@VancouverPD: Have you seen the #VPD motorbikes stopping traffic around town today for a VIP? It's VIP motorcade escort training if you're wondering!

@angusreid64: Me and @BenArchibald65 at #5GUYS for lunch. Camp just got THAT much better :)

@Amit_Sandhu: What an amazing day in #Vancouver

@jonhusband: Off for a long swim on a beautiful Vancouver afternoon .. summer may finally be here ! Aiming for 3,000 metres ...

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DVD reviews

Sherlock Holmes: Game of Shadows

Director. Guy Ritchie

Stars. Robert Downey Jr., Jude Law, Jared Harris

It was elementary that there'd be a sequel after the success of Robert Downey Jr.'s first muscular evocation of the Sleuth of Baker Street. But did it have to be this mechanical? Teamed again with Jude Law as his bromantic partner Dr. Watson, Downey gets off a few good lines and achieves some mild suspense. But his first screen pairing with Prof. Moriarty (Jared Harris), the classic Holmes nemesis, is drained of passion for much of the picture. Returning director Guy Ritchie favours endless versions of slo-mo previews of action sequences. Downey, Law and Ritchie need to do some detective work to find more compelling scripts, if this franchise has hope.

PETER HOWELL

In Darkness

Director. Agnieszka Holland

Stars. Robert Wieckiewicz, Benno Furmann

The shorthand description of In Darkness, a stirring work by Polish director Agnieszka Holland, is that it's a subterranean version of Schindler's List. This film and the Steven Spielberg Oscar winner both feature accidental heroes, people moved by circumstance to aid Hitler's prey. Schindler's counterpart is Leopold Socha (Robert Wieckiewicz). He makes In Darkness seem as much a description of his soul as it is of tunnel life beneath the streets of Nazi-occupied Lvov, Poland.

PETER HOWELL

Adam Sandler and Andy Samberg star in That's My Boy, which opens Friday. HANDOUT

Funnyman Sandler ramps up the raunch

That's My Boy. Actor treads into R-rated comedy territory for the first time — with Andy Samberg in tow

NED EHRBAR
Metro World News in Hollywood

Folks who aren't the biggest fans of Adam Sandler's brand of humour might find it hard to believe, but he's never starred in an R-rated comedy — until his latest, That's My Boy, that is. While his rare dramatic efforts generally get the restricted rating, Sandler has stuck firmly in PG-13 territory when it comes to his comedies. And it's paid off for him. In the past five years, only two films starring Sandler — the drama Funny People and last year's dismal Jack and Jill — have grossed less than $100 million at the U.S. box office, and worldwide his movies have pulled in $3.2 billion. So if playing to the middle school crowd had proved so lucrative for him, why risk ramping up the raunch now?

"I've done some stuff in the past few years where I've cursed a bit and it felt good," Sandler admits, though he says his decision to go with the R-rated That's My Boy was purely motivated by the story itself. "It was just a funny script. I liked the idea, and I liked the idea of hanging out with everybody."

But certainly for Sandler — who has proved a savvy producer and executive with Happy Madison Productions — that's not really it. After all, in the past few years R-rated comedies have become a viable proposition for studios once again, especially with the success of films like the Hangover and Bridesmaids. For a man that's made millions keeping it clean, such a sea change couldn't have gone unnoticed.

"It was fun to speak the way that I speak in my bathroom," Sandler says. "I grew up cursing a lot. It felt natural. My parents told me to stop. They weren't enjoying my albums, and they weren't enjoying a lot of the things I did with my life. And then, my father passed away and he's not here to yell at me anymore. I bullied my mother and said, 'Here comes some more dirtiness.'"

Still, as much fun as Sandler had, he insists he's still taking everything on a project-by-project basis — though that of course could change if That's My Boy performs well. "If a movie comes to me that is rated R and I like it and connect with it, I would do that," he says. "But it wasn't a choice. I don't know what I'm doing next. I never know what's coming next."

SNL memories

Sandler's words of advice

Co-starring with Andy Samberg — who recently announced his departure from Saturday Night Live — gave SNL alum Adam Sandler a chance to think about his own departure from the long-running comedy show 17 years ago. "You're scared when you go. SNL is a home," Sandler says. "There are 20 shows a year and you're definitely going to get on some of them and get to do your thing. When that goes away, there's no life jacket. You're just on your own and you've gotta figure it out."

2 SCENE

Scene in brief

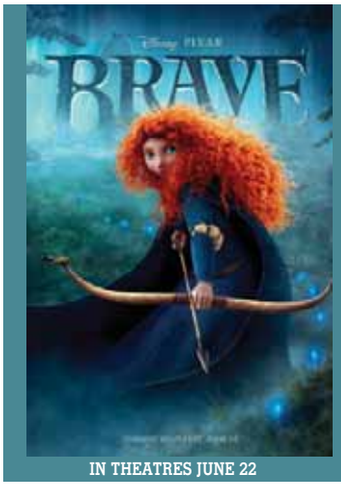
Jersey Shore's Cortese arrested

A Jersey Shore cast member has been arrested in the New Jersey town where the MTV show is based. Seaside Heights Police Chief Tommy Boyd tells WNBC TV in New York that Deena Cortese was arrested Sunday afternoon on a disorderly conduct charge. Boyd says a borough officer saw Cortese "a little intoxicated" and standing in the middle of a street, slapping cars that were driving by. Boyd says Cortese was taken to police headquarters and later released on a summons. MTV publicists did not immediately respond to requests for a comment, and a number for Cortese could not be located.

THE ASSOCIATED PRESS

On the web

A moody Mad Men season finale with Don Draper, a man who has it all, except contentment



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Wes Anderson serves up a slice of Americana pie with little love story

Moonrise Kingdom. Director found his inspiration for a youthful romance in a little-known film from England

RICHARD CROUSE
scene@metronews.ca

Moonrise Kingdom opens Friday. HANDOUT

Wes Anderson's new movie is a slice of Americana. Moonrise Kingdom, which opened the Cannes film festival this year, is chock-a-block with Norman Rockwell-isms about small town life.

So it is interesting that the films that helped inspire his story of 12-year-old paramours Suzy and Sam would have all been classified as world cinema.

On the line from London the director calls François Truffaut's Small Change, the story of kids growing up in a French provincial town, as "a great movie and a favourite of mine, and the movie that led me to start thinking about doing something with children as the leads."

He also cites a little-known English movie set in 1750 as a key film while he was "working on the script, looking for inspirations to help propel a story about a romance between characters of this age."

"I had never heard of the great Ken Loach film called Black Jack," he says. "I was just in a video store in London and I saw the very beautiful cover. I didn't really know Ken Loach's work that well. I read the description and I absolutely loved the movie. Black Jack really made a huge impression on me, and inspired some things in the movie."

Casting

Finding the young leads

After auditioning thousands of children, Wes Anderson discovered two unknowns, Kara Hayward and Jared Gilman. "Eventually somebody comes in and the search is over," Anderson says. "There is a flash of lightening and there it is. That's what happened with each of these."

Jared, he says, won the role because, "he made me laugh the way he looked but it was the combination of his appearance and his interview with the casting director that really entertained me and charmed me."

Kara impressed with her reading of the scene. "It sounded to me as if she was inventing the lines spontaneously right there."

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Lady Gaga ALL PHOTOS GETTY IMAGES

She's on the edge... of passing out: Gaga goes on post head bonk

Lady Gaga reportedly suffered a concussion after a backup dancer accidentally whacked her in the head with a pole during a concert in Auckland, New Zealand, according to Us Weekly.

But while she was seen staggering backward after the blow, the singer continued, finishing her show.

"Gaga has a concussion but she is going to be OK," her makeup artist, Tara Savelo, posted to Twitter Monday. "Can't believe she finished the show."

Getting the job done

"Can't believe she finished the show."

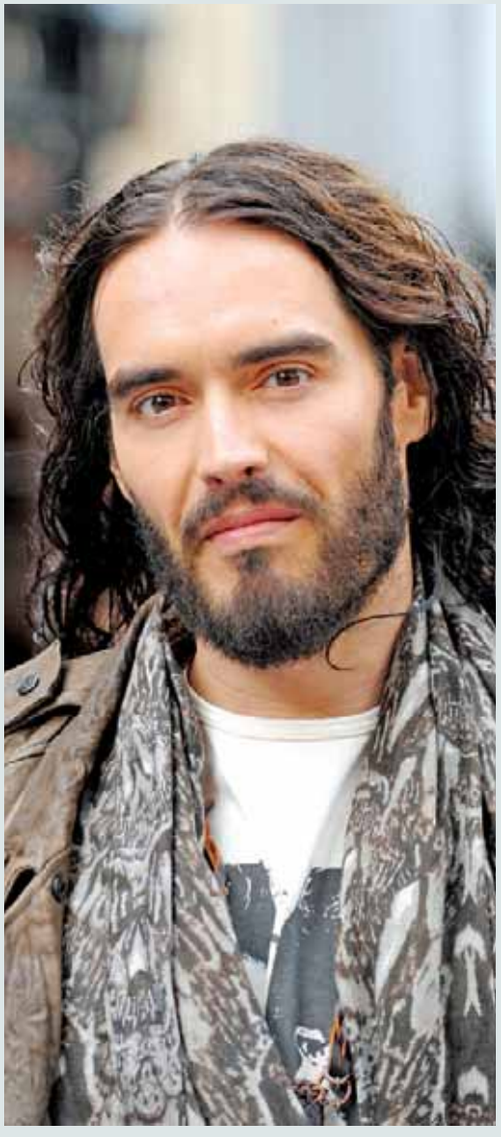
Tara Savelo
Makeup artist Tara Savelo on Twitter

Blake Lively

What a girl wants: The Blake Lively edition

Blake Lively, who is happily dating Green Lantern co-star Ryan Reynolds, looks for two things in a man: a sense of style and a passion for food. "It's definitely attractive when a man can dress well," Lively tells Marie Claire magazine. "What I love most is when someone, guy or girl, is effortless and has this old-timey sort of feel (that) you could take a snapshot of them and they could exist in any time period." And as for the culinary side? "To be around me, you must love food or I'm the most obnoxious person you've ever met," she says. "I'm in a big cooking phase. That's all I'll talk about."

The Word



Brand is going for this look, thank you

THE WORD
Monica Weymouth
scene@metronews.ca

He was on home turf and brought his mom as a date, but even still, Russell Brand couldn't catch a break at the London premiere of Rock of Ages. While the comedian walked the red carpet for his new film, fans yelled that he looked like "Jesus" and a "homeless person."

Brand — like most people confined to skin-tight jeans and ornamental cowboy boots — didn't risk getting in a fight, instead taking it as a compliment.

"I'd like to play Jesus, and wasn't he homeless for a while too?" he answered, according to UK newspaper The Mirror.

He also admitted that his role as a rocker with a wild streak wasn't that much of a stretch.

"When I was lying on the toilet floor I thought, 'Hello, here we are again on my own,'" says Brand, who struggled publicly with drugs and alcohol before sobering up.

Jennifer Lopez

The rock don't mean a thing: J. Lo jewels not about nuptials

Jennifer Lopez stepped out recently with boyfriend Casper Smart — and an eye-catching diamond ring on her left hand, prompting engagement talk about the couple.

But Lopez is quick to shoot them down.

"Rumours! Don't be fooled by the rocks that I got," Lopez says in a statement on her website, quoting one of her hit songs. "No engagement!"

Tommy Chong

Chong sicks cannabis against prostate cancer

Tommy Chong, one half of comedy duo Cheech & Chong and a longtime marijuana enthusiast, has revealed that he was diagnosed with prostate cancer — and he's using cannabis to treat the condition, according to CNN. Chong says he started seeing symptoms eight years ago "while incarcerated for selling drug paraphernalia," he says.

Chong is using hemp oil to fight his "slow state one" cancer, "so (legalizing marijuana) means a lot more to me than just being able to smoke a joint without being arrested," he says.

Twitter

@nicolerichie
My cat wants to drop her last name and only go by "Gypsy", that egotistical bitch

@_juliannemoore
I am never listening to my dog about the NBA again.

@aplusk
Are we sure that banning Big Gulps in NY is constitutional?

@SethMacFarlane
From now on, songs are no longer allowed to use the words "baby" or "yeah".

3 LIFE

Picks of the week

Summer skin pick

Kiehl's AÇAÍ Damage-Repairing Serum

Enriched with anti oxidant açaí berries, this super serum will help restore the tone and elasticity of your sun-damaged skin and ward off the first signs of ageing. Gently massage onto clean skin before you moisturize.
ROMINA MCGUINNESS

50%

According to a clinical trial published in the Canadian Medical Association Journal, taking iron supplements reduced fatigue by almost 50 per cent in women who are low in iron but not anemic.
METRO

On the Web

Study: Cutting isn't just a teen thing — even some seven-year-olds self-injure to cope with stress

The summer skin DIY guide

ADVICE. Don't let a sunburn ruin your summer holiday — or your health. Use the Fitzpatrick Skin Type chart, a skin classification system based on complexion, to determine your tolerance and resistant to the sun's UV rays.

ROMINA MCGUINNESS
life@metronews.ca

Skin-care expert Michelle Moyer, founder of the Pulse Laser & Skin Care Center in New York, helps you identify your skin type, to help you have a sun-filled, but damage-free summer.

Define your type

- **You never or rarely tan and always burn.** Skin type 1-2
- **You often tan and rarely burn.** Skin type 3-4
- **You always tan and very rarely burn.** Skin type 5-6

Problem Solved

So...will I get cancer? Help!

MICHELLE MOYER
Skin care expert

Why is lighter skin more prone to skin cancer than darker skin, but less prone to skin allergies?
Michelle Moyer: "Lighter skin is more prone to skin cancer as it has less melanin, which is what protects it from sun damage.

The less melanin you have, the less protection you have from the sun, and the higher your risk of skin cancer. But when choosing skin treatments, such as chemical peels or microdermabrasion, lighter skin tones can tolerate more aggressive treatments because they're linked to polar region ancestry and can tolerate harsher conditions."

TYPE 1: ala Lily Cole

Natural skin colour before sun exposure: extremely pale or ivory white.
You have: blonde or red hair and light eyes.
Reaction to sun exposure: you never tan.
Sensitivity: highly sensitive to the sun but resilient to peels.

SKIN TIPS:

- **SPF.** 30+ and clothing of UPF (Ultraviolet Protection Factor) of 30+
- **Risk of sunburn on a scale of (1-10).** 10
- **Risk of skin cancer.** high
- **Best time for sun exposure.** before 11 a.m. and after 5 p.m.

TYPE 4: such as Jennifer Lopez

Natural skin colour before sun exposure: brown to dark brown.
You have: dark brown to black hair and brown, blue or green eyes.
Reaction to sun exposure: you tan well and rarely burn.
Sensitivity: you're sensitive to peels.

SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8 (Persistent Pigment Darkening)
- **Risk of sunburn (1-10).** 4
- **Risk of skin cancer.** low
- **Best time for sun exposure: before noon and after 4 p.m.**

TYPE 2: such as Taylor Swift

Natural skin colour before sun exposure: fair with a golden undertone.
You have: dark blonde to brown hair and green, hazel, blue or brown eyes.

Sensitivity: sensitive to the sun but resilient to peels, microdermabrasion and other facial treatments

SKIN TIPS:

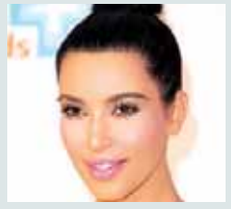
- **SPF.** 30+ and clothing of UPF (Ultraviolet Protection Factor) of 30+
- **Risk of sunburn (1-10).** 8
- **Risk of skin cancer.** high
- **Best time for sun exposure.** before noon and after 5 p.m.

TYPE 5: such as Rihanna

Natural skin colour before sun exposure: dark brown.
You have: dark brown to black hair and hazel, brown or dark eyes.
Reaction to sun exposure: you almost never burn and tan easily. Sensitivity: you are very sensitive to facial treatments but not to the sun.

SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8
- **Risk of sunburn (1-10).** 2
- **Risk of skin cancer.** low
- **Best time for sun exposure.** avoid the hours from noon till four



TYPE 3: such as Kim Kardashian

Natural skin color before sun exposure: light brown to olive.
You have: brown to dark brown hair with blue, green, hazel or brown eyes.
Reaction to sun exposure: you often tan but occasionally burn.
Sensitivity: Moderately sensitive to the sun.

SKIN TIPS:

- **SPF.** 30+ with a PPD factor 8 (Persistent Pigment Darkening)
- **Risk of sunburn (1-10).** 6
- **Risk of skin cancer.** medium
- **Best time for sun exposure.** before noon and after 4 p.m.

TYPE 6: such as Naomi Campbell

Natural skin colour before sun exposure: dark brown or black.
You have: black hair and dark brown eyes.
Reaction to sun exposure: you tan very easily and have a very small chance of burning. Sensitivity: you are highly sensitive to facial treatments, but not the sun.

SKIN TIPS:

- **SPF.** 15+ with a PPD factor 8
- **Risk of sunburn (1-10).** 1
- **Risk of skin cancer.** low

Best time for sun exposure avoid the hours from noon till four

Best Health

Burn calories in the garden

If you like gardening, you know it's a good workout — sometimes you can wake up the next morning and feel like you've just run a marathon. That's because when you're out in the fresh air surrounded by plants and flowers, it's easy to forget you're actually exercising. Bending, raking, digging and hauling bags of mulch requires flexibility and strength — in fact, you can burn 300 calories an hour gardening.
In the summer issue of Best Health magazine, on newsstands now, you can find an article all about how the secret to getting the most out of your "garden workout" is an adequate warm-up and stretching. Here is some of that advice:
– Walk around outside for a few minutes to warm up, then do some gentle stretches of your hamstrings, quadriceps and lower back.
– Once you start gardening, change positions at least every 15 minutes.
– Use a kneeling pad to reduce stress on your knees.
– Use a wheelbarrow to carry heavy bags such as soil.
– Always wear sunscreen and a wide-brimmed hat, even on grey-sky days.
– And keep a bottle of water with you so it's easy to stay hydrated
TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

Thoughts on

Kindness

Ask yourself: have you been kind today? Make kindness your daily modus operandi and change your world and of those around you. Whether you are giving or receiving, it is a gift to all involved. Kindness is in our nature; practice giving and receiving it freely.
NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE.

Sink your teeth into an authentic taste of Belgium

Parisienne with Brie Cheese, Walnuts & Honey ($10). ERIN IRELAND

LUNCH RUSH
Erin Ireland
life@metronews.ca

You can smell them half a block away. Their scent is nearly as intoxicating as the flavour itself. Authentic Belgian waffles — made by Belgians (half the thrill, right?) — are now available on Robson Street.

Find them at a sliver of a restaurant called Nero Belgian Waffle Bar. What it lacks in size, it makes up for in character and quality of product.

Husband and wife team Jan and Eilnaz explained that my savoury Parisienne Brussels waffle isn't exactly traditional. In their country, you'd find people eating similar toppings on a baguette.

Visually, the creation's 'wow effect' is in full force. A generous handful of walnuts are dumped on a light and crispy Brussels waffle strewn with four thick slices of sumptuous Brie cheese and drizzled with honey. I couldn't imagine anything possibly tasting better than this.

An authentic Belgian savoury option is the Queen, topped with homemade chicken mushroom stew. And, of course, a sweet and chewy Liege waffle (perhaps drizzled with white chocolate?) is an absolute must.

Visiting the restaurant

Nero Belgian Waffle Bar

Address. 1703 Robson St.

Phone. 778-706-0694

Rating. 5/5

Price range. $

Business lunch. Yes

Lunch with co-workers. Yes

Social lunch. Yes

Quick solo lunch. Yes

Breakfast Pie for dinner.
Try this savoury pie for the ultimate comfort meal

1. Bake pie shell in 200 C (400 F) oven according to package directions for a baked pie shell; set aside.

2. In a skillet, fry bacon until crispy, remove and drain on paper towels. Toss with maple syrup and set aside.

Ingredients

- 1 frozen deep-dish pie shell
- 6 slices reduced salt bacon, coarsely chopped
- 30 ml (2 tbsp) pure maple syrup
- 5 fully cooked sausage rounds
- 125 ml (1/2 cup) shredded cheddar cheese
- 5 large eggs
- 125 ml (1/2 cup) 2% milk
- Salt and pepper to taste

3. Heat sausage according to package directions and place on bottom of baked pie shell. Top with shredded cheese and half the bacon.

4. In a bowl, whisk eggs and milk. Season with salt and pepper. Pour into pie shell.

5. Bake in 180 C (350 F) oven 30 mins. until filling is almost set. Sprinkle with remaining bacon and bake for an additional 15 mins. or until egg mix has set. Let stand 5 mins. before serving. THE CANADIAN PRESS/MAPLE LEAF FOODS AND TENDERFLAKE/ EMILY RICHARDS (PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR, AND CHEF. VISIT, EMILYRICHARDSCOOKS.CA)

Bread-and-butter etiquette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

The bread bowl at a restaurant comes with a lot of etiquette rules. ISTOCK

Dear Charles the Butler, Could you please explain the proper etiquette for slicing bread at the table? Sometimes restaurants serve a small loaf of bread, which is supposed to be cut at the table and shared by the patrons. Do I cut it just for myself or for everyone? I have to hold the other side of the bread while I'm cutting it — isn't this unsanitary for the other people at my table? Rachel

Hello Rachel,

Lets start with the simplest ways to deal with bread at the table. If bread is served in a basket, already cut, then take one piece and put it on your bread-and-butter plate.

If you are served a small loaf in a restaurant, it would always be polite to cut several pieces and offer everyone at the table some of the bread.

In both cases you would always serve yourself last because it is polite to allow others to go before you. As well, hopefully the piece you were holding will become your piece.

Never draw attention to a task at the table; simply cut the bread, offer it around to everyone, then take your piece, all the while having conversations with everyone at the table. Now, just as a side note, technically it is the hostess who deals with offering bread and cutting it, however in a more casual restaurant setting, this is something anyone can do at the table.

Once you have the bread on your plate, how do you deal with butter?

Use the butter knife to take butter from the butter dish to your side plate, then return the butter knife to the butter dish.

Now break a small one-bite size piece of bread and use your butter spreader from your bread-and-butter plate to put a small amount of butter on your bread and eat the entire piece of bread all at once.

Remember, the only time you can ever butter an entire piece of bread and eat it is at the breakfast table.

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YOUR HEALTHY PREGNANCY

EATING WELL, REST AND EXERCISE ARE PARAMOUNT

Know your limits. That's what Terri Coles advises other pregnant women to keep in mind for a healthy pregnancy.

"I didn't want to admit at first that I was more tired than usual, or queasy. I didn't want to feel limited before I was even showing," says Coles, a 30-year-old Toronto woman pregnant with her first child. "But once I cut things back a bit and got more rest, I definitely felt better."

What else can you do to foster a healthy pregnancy? Ann Douglas, author of The Mother of All books series, shares her top tips to stay healthy over your nine-month stint.

EXERCISE … FOR TWO (OR THREE!)

"Pregnancy is the perfect time to make physical fitness part of your regular routine as a family," says Douglas. "That way, once your baby arrives, you'll be in the habit of taking an after-dinner stroll, for example. You won't have to think twice about remaining active after baby or modelling an active lifestyle to your growing child."

TRY YOGA

Pregnancy yoga classes give you a chance to meet other pregnant women in the neighbourhood. "And you're participating in a prenatal fitness activity that helps to prepare your mind, body, and soul for the challenges of birth and motherhood," says Douglas.

REST, REST, REST

Don't think of sleep as an indulgence, says Douglas. "Instead, sleep is another type of fuel that your body needs to help you take the best possible care of your baby," she notes. "So give in to the waves of fatigue — the kind that makes it almost impossible for you to keep your eyes open when you arrive home from work. Your body is trying to tell you something: You need more rest. Pay attention and nurture your body by giving it what it needs."

WATCH WHAT YOU EAT

The lemonade, ice cream and pickles cravings will come. But also be sure to watch what else you eat. Along with taking prenatal vitamins and folic acid daily to help develop the baby's brain, spine and skull, Health Canada recommends eating at least 150 grams of cooked fish weekly. (Fish is thick with omega-3 fats and nutrients to help with the growth of your baby.)

ALSO KNOW WHAT YOU CAN'T EAT

Health Canada recommends avoiding alcohol and nicotine during pregnancy. Caffeine should also be limited — but check with your health-care provider to determine how much caffeine, if any, you can have per day.

– Astrid Van Den Broek

WHAT YOU WILL NEED WHEN BABY COMES HOME

Do you need a Miracle Blanket? How about a diaper warmer for your soon-to-arrive baby? "It's easy to over shop for baby," says Ann Douglas, author of The Mother of All books series.

So here are her top tips on what you will really need once your baby comes home.

• Change station: This could be a change table or simply a changing pad attached to a dresser top. "Some parents find it works well to set up one or more mini-change stations around the house," says Douglas.
• Newborn and Size 1 diapers and wipes.
• Comfortable nursing chair with foot support.
• Bassinet, playpen or crib.
• Dresser for baby's clothes
• Baby clothes. (For the early months, Onesies and sleepers will do.)
• Baby blankets. "Treat any crib blankets you receive as wall decorations," notes Douglas. "Babies shouldn't sleep with blankets due to the increased risk of sudden infant death syndrome (SIDS)."

THE THREE TRIMESTERS

Found out you are pregnant? Congratulations! Here is a look at the 40 weeks of pregnancy.

FIRST TRIMESTER (WEEKS 1-12)

This is the trimester of waiting … and often nausea. "Once you find out that you're pregnant, you spend the next two months waiting to see if the pregnancy is likely to thrive," notes Ann Douglas, author of The Mother of All books. "The rise of miscarriage drops significantly after the first trimester." This trimester also comes with symptoms such as headaches, constipation, bloating, frequent urination and tender breasts. "Once you reach the six-week pregnancy mark, you may find you experience mild nausea or out-and-out vomiting under certain circumstances," adds Douglas, noting that about one in five women don't experience any nausea or vomiting in pregnancy. If nausea is a problem, try to avoid an empty stomach — your nausea may worsen at that point.

SECOND TRIMESTER (WEEKS 13-27)

This is the glory trimester: For many women the nausea and vomiting is gone, you start to feel the baby move … yet you aren't uncomfortably large yet. "And as the pregnancy continues, the movements become strong enough for them to be noticed and felt by other people," says Douglas.

THIRD TRIMESTER (WEEKS 28-40)

This is the home stretch, says Douglas. "Third trimester complaints include frequent trips to the washroom because your uterus is pressing down on your bladder, a sore back, swollen ankles from fluid retention, and insomnia," notes Douglas. Baby is really growing. So how can you feel your best during this body-shifting time? Douglas recommends maintaining a healthy pregnancy by eating well and sleeping when your body craves it. Also, look for women in your neighbourhood who are pregnant and experiencing the same things you are. "You'll appreciate their support and friendship, both during your pregnancy and after your babies arrive," Douglas says.

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TRY NOT TO STRESS: GO FROM 'HAVE TO' TO 'WANT TO'

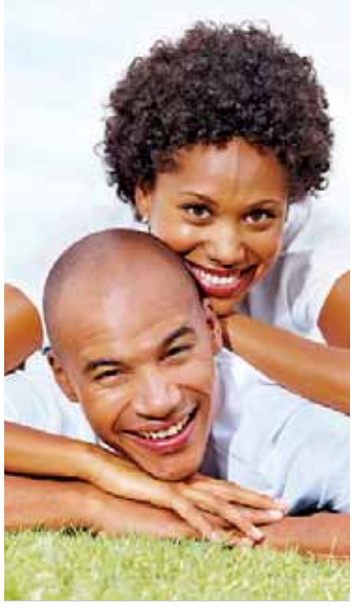
WHEN YOU'RE TRYING TO GET PREGNANT AND TRACKING OVULATION, THE TWO MOST FERTILE DAYS ARE SO IMPORTANT

But sometimes it can make sex seem more like a chore and less pleasurable. With a little patience, creativity and communication, trying to conceive can be a fun and intimate experience for both you and your partner.

Introducing a personal massager into your relationship can be a new way to enhance your shared sexual experience, adding more pleasure and fun into trying to get pregnant. In fact, according to the 2011 Leger Marketing Survey, more than 80 per cent of people who have used a personal massager have used it with their partner, so it can be a natural addition.

This is important as stress and the negative feelings associated with planning to have a baby can actually affect your chances of getting pregnant, according to babyhopes.com. Increasing intimacy with your partner can help lead to a happier, more relaxed, and more positive you.

Personal massagers, such as TROJAN® Vibrating Tri-phoria® are now available at many major drug, food and mass retail locations where TROJAN® condoms are sold, and online at TrojanVibrations.ca.



KNOW YOUR TWO BEST DAYS TO CONCEIVE

There are only about two days a month when you are most likely to get pregnant. An ovulation test, like the FIRST RESPONSE® Digital Ovulation Test, can help you pinpoint your two best days to try to conceive.

GET TO KNOW YOUR CYCLE

- Every month ovulation happens when an egg matures, leaves your ovary, and travels down one of your Fallopian tubes.
- Ovulation is primarily triggered by a monthly surge in Luteinizing Hormone, or LH. This happens in the 24 to 36 hours before ovulation.
- For your best chance at getting pregnant, have intercourse within 24 to 36 hours after detecting the LH surge.
- Menstrual cycles can vary from 20 to 44 days, so the day of the month you ovulate can vary significantly. Most women don't ovulate exactly at midcycle. So much variation can make it difficult to find your peak fertility.
- Using an at-home ovulation test can help improve your chances of determining when is the right time for you to get pregnant.

DID YOU KNOW?

Drinking excessive amounts of liquid can dilute the LH in your urine. Therefore, it's best to reduce your liquid intake for two hours before testing.

EXPERTS RECOMMEND

Know More

If you are on the birth control pill, experts recommend you stop using it one to two months before trying to conceive. This will give you the opportunity to better understand your body and get to know your cycle. Look for an alternative contraceptive method — for instance, the maker of TROJAN® brand condoms offers many different varieties of condoms to choose from.

KNOW IF YOU ARE PREGNANT ALMOST AS SOON AS YOUR BODY DOES

Early pregnancy is a vital time for fetal development. Being able to know if you are pregnant sooner helps you get a head start on making healthy choices for yourself and your baby.

FIRST RESPONSE® has the only test that tells you five days before your expected period. When you are waiting to find out if you are pregnant, one day can feel like a lifetime. Using the FIRST RESPONSE® Early Result Pregnancy Test means you will know as soon as possible — no other home pregnancy test tells you sooner!**

YOU MIGHT BE PREGNANT IF …

- You miss your period.
- Your breasts are tender or swollen, or have raised glands in the area around the nipple.
- You experience "morning sickness" (nausea and/or vomiting).
- You have to urinate more frequently.
- You see blue and pink lines under your breasts and on your abdomen.
- You have unusual food cravings.

***Note:** If you are unsure about your cycle length or when to start testing, call First Response toll-free at 1-800-268-3186, from Monday-Friday, between 7 a.m. and 5 p.m. ET.*

INTRODUCING THE FIRST RESPONSE® DIGITAL OVULATION TEST

- It knows your body. It's the only ovulation test that actually detects your own personal LH surge. It detects and tracks your personal daily baseline levels of Luteinizing Hormone to detect your personal LH surge, unlike other ovulation tests that use a preset "average" level to determine the surge.
- Unmistakable YES+/NO- results. YES+ means try to conceive in the next 24-36 hours; NO- means continue to test daily.
- Unsurpassed accuracy — More than 99 per cent accurate.*
- Comes with 20 test sticks and a digital reader for a one-month supply.

Visit 1stresponse.ca for a downloadable ovulation calculator to help you keep track!

*More than 99 per cent accuracy in detecting LH surge in laboratory studies (read complete directions for use on carton). Certain medication conditions and drugs can adversely affect the reliability of this test for predicting ovulation. For details, visit 1stresponse.ca.

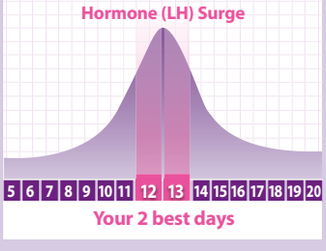
**Read product packaging for more information on testing early. In clinical testing, FIRST RESPONSE® Early Result Pregnancy Test detected the hormone levels in 62 per cent of women five days before their expected period; in 78 per cent of women, four days before their expected period; in 87 per cent of women, three days before their expected period; and in 98 per cent of women, two days before their expected period.

Every woman is unique.
FIRST RESPONSE® Ovulation Test understands that.

FIRST RESPONSE® Digital Ovulation is a revolutionary new ovulation test that can accurately detect your 2 best days to conceive.

Unlike most tests that use a preset average, the FIRST RESPONSE® Digital Ovulation Test has a Digital Reader that remembers your Luteinizing Hormone (LH) levels and is able to detect your own unique LH surge to determine the best time for you to become pregnant.[1]

Knowing the best time to conceive can be a real guessing game, especially for women with irregular periods. New FIRST RESPONSE® Digital Ovulation Test understands that. It's a breakthrough home-use ovulation test that can accurately identify a woman's most fertile days based on her individual hormone levels. Making it easier for couples to determine their best days to conceive.



How the FIRST RESPONSE® Digital Ovulation Test works.

The FIRST RESPONSE® Digital Ovulation Test identifies your 2 best days to become pregnant by detecting a surge of Luteinizing Hormone (LH) in your urine. An increase in LH means your body is ready to release an egg (ovulation). If you have intercourse within 24-36 hours after detecting the LH surge, you're more likely to become pregnant.

1 Data on file, Church & Dwight Co., Princeton, NJ 2011

2 Over 99% accurate in detecting the LH surge in laboratory studies (based on directions for use).

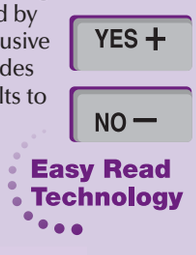
FIRST RESPONSE® Digital Ovulation Test understands your body.

FIRST RESPONSE® Digital Ovulation Test has advanced technology that can detect your unique LH surge based on your daily Luteinizing Hormone (LH) levels.[1]

With the FIRST RESPONSE® Digital Ovulation Test you begin daily testing on Day 5 of your period. Hormone levels recorded from Days 5, 6, and 7 of your period are saved into the Digital Reader's memory to set your baseline and determine your unique LH surge level. Continued testing from that point will allow you to determine your own unique LH surge, the time when you're most likely to become pregnant if you have intercourse within 24-36 hours of detecting the surge.

Trust the test with unsurpassed accuracy.

When it comes to detecting a woman's unique LH surge, laboratory studies show FIRST RESPONSE® Digital Ovulation Test to be over 99% accurate, unsurpassed by any other test in the market. And our exclusive EasyRead™ technology provides unmistakable YES+/NO- results to eliminate the guesswork out of detecting your best days to conceive.[2]



FIRST RESPONSE® OVULATION

For your best chance to conceive, trust the test designed for you.

1stresponse.ca/ovulation

Pay down your mortgage.

Just when you thought tax time was over. ISTOCK IMAGES

Uncle Sam wants you (and your tax)

It's that time again. Many Americans in Canada don't even realize they are required to file taxes in the country of their birth

YOUR MONEY
Alison Griffiths
money@metronews.ca
Twitter: @alisononmoney

Your taxes are well behind you for another year, right? Maybe not! For tens of thousands of Americans living here, not to mention Canadian snowbirds, Uncle Sam wants you — to get in touch.

June 15 is the deadline for U.S. citizens to file a required tax return south of the border even if they have been in this country since infancy.

In the last year there was a rumble of panic among U.S. ex-pats as the IRS started flexing its muscle by threatening to chase down and punish those who had fallen behind in their tax returns. Many Americans in Canada don't even realize they are required to file in the country of their birth. Since then the IRS has relaxed their stance a bit but U.S. citizens still need to comply.

Alison's money rule

"Uncle Sam wants an annual report from snowbirds and the American born."

According to H&R Block Canada, U.S. citizens and green card holders (including those whose green card has expired) are required to file Form 1040 annually. Go to irs.gov and search for Form 1040.

Those who paid taxes in Canada will receive a foreign tax credit on their U.S. returns and if you are receiving CPP and or Old Age Security here they are exempt from U.S. tax.

Anyone who kept a U.S. home as a rental after moving to Canada, or has any other income south of 49, will have to declare it on the U.S. return.

The big tax surprise for many Canadian snowbirds is a requirement to communicate with the IRS. If you spent more than 121 days in the U.S. in 2011 or a total of 183 days over the past three years, Uncle Sam is interested.

Filing IRS Form 8840 (the Closer Connection Exception Statement for Aliens) is an annual requirement. You'll be asked about your Canadian ties including passport, family, car registration, where you are registered to vote and even your religious affiliation. Most snowbirds can demonstrate a closer connection to Canada than the U.S. so nothing else is needed.

Again, go to irs.gov, search Form 8840 and mail it to the Department of the Treasury, IRS Centre, Austin, Texas, 73301-0215.

Taxes — you can run but you can't hide. **ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT GRIFFITHS.ALISON@GMAIL.COM OR ALISONGRIFFITHS.CA**

The people in your 'hood

- **900,000 to 2.5 million.** The estimate of Americans living in Canada.

Owning your home shouldn't come at the expense of living.

Life adds up. Your finances should too.

CIBC Wealth Builder Mortgage™

GREAT LOW RATE

EARN $6,000 IN SAVINGS[1]

Wealth Builder Mortgage is an option available only on 5-year fixed-rate and Variable Flex closed mortgages of $75,000 or more. Mandatory CIBC deposit account no monetary value and can only be redeemed according to the rules established by Aeroplan Canada Inc. Aeroplan Miles cannot be transferred to another person.

Moving house

Becoming a Kijiji master in one day or less

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca
Twitter: @Lesleyscorgie

Drum roll please…. After two-and-a-half months of scouring my over-priced local real estate market, I finally found "the one"; a home that I love. I stuck to my price and conditions, mainly the inspection and quick possession date, and my offer was accepted late on Friday night.

Now that I've officially got two weeks to get myself fully packed and moved into my new place, I'm faced with a new dilemma — too much of the wrong kind of furniture. My new place has less square footage and a more elegant/sleek feel to it, whereas my current home screams roomy southern comfort.

My furniture dilemma got me thinking about two things; first, how much we accumulate over the years and, second, how we can reduce what we own without losing loads of money.

I've learned two huge lessons about the accumulation of 'stuff' throughout my moving experience. First, "stuff" costs money. The less you have, the more you'll save. Second, if you don't need something any longer, rid yourself of it right away. What good is it to store a desk in your garage for five years if it's only going to collect dust? SELL IT!

Rather than tossing my furniture in the trash, I turned to Kijiji on Sunday morning to see whether I could sell my furniture to local buyers. Using my iPad and cellphone camera I created free compelling ads.

By Sunday afternoon more than 50 per cent of my stuff was sold. Plus, once buyers were in my house, many bought more items than what they originally came for. The buyers paid cash and moved the pieces out themselves.

I chalk the quick sales up to pricing the pieces competitively and taking nice photos.

I certainly didn't make a profit on any of my furniture, but considering I furnished my home for less than $5,000 over seven years by buying the bulk of it second hand through eBay, Kijiji, and Classified ads, I've recovered a fair chunk of change which I can now put towards my new furniture.

My second furniture downsize strategy has been to coordinate donations to local charities. Many charities will pick up the goods right from your front door. Others have drop-off locations. Depending on the organization and the quality/value of the donation, a valuable tax receipt may be issued.

Both Kijiji and donations are frugal ways to buy and sell various items. Additionally, they reduce waste because the items are reused and recycled by the new owners. But, avoiding the accumulation of 'stuff' is always the most frugal option of all.

You don't have to be a professional salesperson to make a profit on your stuff. ISTOCK IMAGES

Build up your savings.

In addition to a great low rate on a 5-year mortgage, you'll also benefit from flexible payment options to help you manage your cash flow.

Get $4,000 cash back up-front as well as $2,000 cash back over the term of your mortgage.[1] *On a $400,000 mortgage. Conditions apply. Ask for details.*

Ask about how you can earn up to 25,000 Aeroplan® Miles.[2]

aeroplan

CIBC FOR WHAT MATTERS.

for mortgage payments and deposit of cash back. Up front cash back amount is repayable if mortgage is discharged, transferred or renewed before maturity date. Other conditions apply. [2]Only one Aeroplan Account is eligible for Aeroplan Miles on your mortgage. Aeroplan Miles have
®Aeroplan is a Registered Trademark of Aeroplan Canada Inc. Offer expires June 30, 2012. For details, visit cibc.com/buildthousands. "Life adds up. Your finances should too." and Design and CIBC Wealth Builder Mortgage are TMs of CIBC. "CIBC For what matters." is a trademark of CIBC.

25 IDEAS TO COOL DOWN

When it's blistering hot outside, here are 25 great ways to cool down.

FIRST, REDUCE THE HEAT IN THE HOUSE

1 During the day, close the windows and use shades and blinds to keep the warmer outside air out.

2 Tilt horizontal blinds upwards, according to BC Hydro —this will block heat but still allow light in.

3 Change window dressings to light coloured curtains, etc., which also reflect the heat out.

4 Replace heat-emitting incandescent bulbs with compact fluorescent light bulbs, says Lauren Mangion, Healthy Homes adviser at Green Calgary, an urban environmental non-profit organization.

5 Apply low E reflective film to your windows to reflect heat away. Available at hardware stores.

6 Open windows at night to let cooler outside air in.

7 Plant deciduous shade trees on the southern and western sides of the house, says Mangion.

NEXT, PLAN YOUR ACTIVITIES AROUND THE WEATHER

8 Stay put if it's high noon ... plan activities for early in the morning or late in the day when it's cooler, says Mo Hagan, VP of operations, GoodLife Fitness, London, Ont.

9 Immerse yourself — in a public pool or a lake.

10 Run through a sprinkler with your kids.

11 Spend time at an air conditioned shopping mall, public library, movie theatre or other public space.

12 Midday, relax in an easy chair in the shade and use cooling cucumber slices as a compress on your forehead.

DRESS COOL

13 Wear loose fitting, light-coloured clothing.

14 When Hagan runs in the heat, she soaks a cap in cold water and wears it. This will work if you're gardening, too.

CAMERON SPENCER/PHOTODISC/THINKSTOCK

15 Wear long hair up and off your neck.

REFRESH YOURSELF

16 Keep mist toner spray in the fridge and spritz your face!

17 Hagan suggests that you put rolled up, dampened hand towels in the fridge — to cool down, wipe your face with one or put it around the base of your neck.

18 Store foot cream in the fridge and massage into hot, tired feet. Mint lotion is particularly refreshing because it leaves a cooling sensation.

19 Use ceiling fans, says Mangion — in the summer, they should turn counter-clockwise so they are pushing air down.

20 Make the bed with (cool) white satin sheets.

EAT, DRINK & CHILL

21 Plan easy meals that don't require the stove or oven, says Fran Berkoff, registered dietitian, Toronto. Instead, barbecue and prepare cool, crispy salads.

22 Freeze mandarin segments, cherries and grapes and use them instead of ice cubes in cold water, says Hagan. They take longer to melt, and they taste good, too.

23 Always drink lots of water and other liquids, says Berkoff.

24 Allrecipes.com provides this delicious slushy recipe: Combine four cups cubed seedless watermelon and 10 ice cubes in a blender. Add ½ cup lime juice, ¼ cup sugar and ⅛ tsp salt. Blend until smooth and enjoy.

25 The cold, juicy summer fruits are most refreshing, says Berkoff ... enjoy peaches, melons and oranges, too.

– Ylva Van Buuren

YOUR SUMMER STAIN REMOVAL GUIDE

Handy tips to help you get through the stains of summer.

CLOROX2 STAIN FIGHTER

BURGER BOO-BOOS.

Mmm, juicy burgers with ketchup... too bad it's all over your favourite t-shirt!

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Let stand for 5–10 minutes.

LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack. Check that the stain is gone before putting it in the dryer.

TWO SCOOPS OF TROUBLE.

Half of your daughter's ice cream is on the ground. The other half landed on her shirt.

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray with foaming action formulated with TripleSolve™ Technology to penetrate, dissolve and eliminate stains. Let stand for 5–10 minutes (don't let dry on fabric) and rinse.

LAUNDER: Wash as usual with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

THE GRASS IS ALWAYS GREENER...

...on your kids' pants.

PRETREAT: Apply Clorox2® Laundry Stain Remover Spray directly on stain. Its foaming action will help loosen dirt and break down grass stains. Let stand for 5–10 minutes.

LAUNDER: Wash immediately with your favourite detergent and one Clorox2® Stain Fighter and Colour Booster concentrated pack.

SCAN HERE TO LEARN MORE

This guide was brought to you by CLOROX2® STAIN FIGHTER

NOW WITH TRIPLESOLVE™ TECHNOLOGY

Eliminates tough stains the 1st time.

LOOK FOR IT IN THE LAUNDRY AISLE

Available at Walmart

Save money. Live better.

MLB

Testimony wraps up at Clemens perjury trial

His large frame towering over the microphone, Roger Clemens leaned forward at the podium and declared to the judge: "Yes sir, I am not testifying."

The government presented three rebuttal witnesses Monday after the defence rested its case at the Roger Clemens perjury trial.

The trial will determine whether Clemens lied when he told Congress in 2008 that he never used steroids and human growth hormone. Closing arguments will be heard Tuesday. The case could go to the jury Tuesday afternoon.

THE ASSOCIATED PRESS

French Open

Nadal makes history with 7th title in Paris

Rafael Nadal was worried.

A guy so unflinching, so nearly unbeatable at the French Open, got a case of nerves during the 18 hours he and Novak Djokovic waited for the restart of their rain-interrupted final at Roland Garros.

Instead of focusing on how close he was to winning a record seventh French Open, Nadal grew increasingly wary of the other possible outcome: A loss in a fourth consecutive Grand Slam final against Djokovic, who was trying to become the first man since 1969 to collect four straight major titles.

When play was halted on Sunday, Nadal was clinging to an shrinking lead. But the King of Clay overwhelmed the No.1-ranked Djokovic for the nine games they played Monday, wrapping up a 6-4, 6-3, 2-6, 7-5 win.

"You never know if you're going to win another one," said the second-ranked Nadal, who now owns 11 Grand Slam titles.

"I don't know if I am the best or not," he added. "I am not the right one to say that." THE ASSOCIATED PRESS

Rafael Nadal celebrates on Monday in Paris.
THE ASSOCIATED PRESS

The Kings celebrate as time expires during Game 6 at the Staples Center in Los Angeles. JULIE JACOBSON/THE ASSOCIATED PRESS

Kings take seat on NHL throne

NHL. Los Angeles seals deal by scoring three times during Devils' major penalty

Game 6

Kings	Devils
6	1

It was worth the wait.

After 45 long years, including two near-misses in the last week, the Los Angeles Kings have finally been crowned Stanley Cup champions. The party kicked off before the first period even ended Monday as Los Angeles romped to a 6-1 series-clinching victory over the stunned New Jersey Devils.

The game turned on a penalty that should immediately erase Marty McSorley's 1993 illegal-stick call as the most memorable in Kings history. Devils forward Steve Bernier was given a five-minute major for boarding just over 10 minutes into the game after bloodying Rob Scuderi with a hard hit from behind, and Los Angeles made him pay.

First captain Dustin Brown got a puck behind Martin Brodeur. Then Jeff Carter followed. By the time Trevor Lewis made it 3-0 at 15:01, the Staples Center crowd knew the Kings had all the goals they needed.

After all, Jonathan Quick didn't allow more than that in any game during a dominant run through the playoffs. The Kings goaltender was awarded the Conn Smythe Trophy as playoff MVP for his dominant performance in goal.

Quick didn't face a lot of shots in Game 6. His toughest task was staying composed as the score went up.

"As much as you keep pushing it out of your mind it'll creep back in," he said. "Especially when you get that four-goal lead and it's hard for it not to creep into your head a little bit. But you keep reminding yourself how dangerous of a team they are, and the second you become relaxed and get your mind off what you're supposed to be doing, that's when they'll take advantage of you."

The Devils were the first team since 1945 to even force a Game 6 in the Stanley Cup final after trailing 3-0 in the series, and the clincher highlighted why the task of coming all the way back is so daunting. There's no room for bad bounces or bad luck.

New Jersey was where it wanted to be after weathering an early storm and killing off a minor penalty. And then Bernier crashed into Scuderi. The most difficult part of that penalty for the Devils was the fact it came just seconds after Jarrett Stoll had hit Stephen Gionta from behind without a call.

Series over.

The Devils were shaken and their hopes of forcing a Game 7 were soon shattered. It's extremely rare to see a team score three times on a major penalty, especially against a New Jersey penalty kill that was the NHL's best in the regular season at 89.6 per cent. They couldn't maintain that level in the playoffs.

Carter added another goal in the second period while Adam Henrique got the Devils on the board just over a minute before the intermission. However, there was no doubting the outcome as the final 20 minutes ticked away and resignation started to settle in on the New Jersey bench.

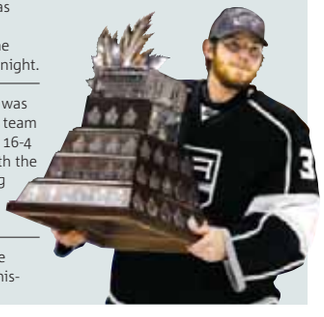
"It's pretty awesome, obviously, when you have a three- or four-goal lead with five minutes left and you know what these guys are capable of doing, then you start seeing it on the bench," Kings coach Darryl Sutter said. "It's the feeling ... seeing them so happy and the work that you go through."

THE CANADIAN PRESS

Quick answer to Conn Smythe question

No one will be overlooking Jonathan Quick now.

- The Kings goaltender was given the Conn Smythe Trophy after clinching the Stanley Cup on Monday night.
- It was no contest. Quick was the backbone of a Kings team that went on a stunning 16-4 run in these playoffs, with the goaltender only allowing three goals in a game on two occasions.
- His playoff statistics were among the best in NHL history: A .946 save percentage and 1.41 goals-against average to go with three shutouts.



4 SPORTS

MLB

"I want a ball called a ball and a strike called a strike. Figure out how to do it."

Boston Red Sox manager Bobby Valentine, who was still steamed about umpiring on Tuesday, a day after being ejected, and said technology should be used to eliminate human error in calling balls and strikes.

MLB

Jays lose Morrow in loss to Nats

Adam LaRoche hit a two-run homer and Edwin Jackson pitched eight strong innings Monday as the Washington Nationals defeated the Toronto Blue Jays 6-3. The night started off on the wrong foot for the Jays, who lost starter Brandon Morrow after just nine pitches in the first inning with a strained left oblique. He's listed as day-to-day.

THE CANADIAN PRESS

On the web

Majority owner Michael Heisley has been trying to sell his Memphis Grizzlies for years to just the right person, and the Illinois billionaire finally found his buyer. Heisley said Monday he has an agreement to sell the team to Robert J. Pera, a 34-year-old billionaire from California. Scan the code for the story.

Roller-coaster playoff ride for Bosh

NBA. Heat forward's emotional post-season could end with title

Miami Heat forward Chris Bosh is interviewed during practice on Monday in Oklahoma City. Game 1 of the NBA finals between the Heat and the Oklahoma City Thunder is scheduled for Tuesday. SUE OGROCKI/THE ASSOCIATED PRESS

Chris Bosh has watched the birth of his son, collapsed to the court in agony with a strained abdominal muscle, seen his team sputter many times during nine games without him, then dealt with the death of a masseuse who was stricken at his home.

And all since this Miami Heat playoff run began.

"I think about those things every day," Bosh said.

His run of emotional ebbs and flows in recent weeks is on the upswing again. He's returning to the NBA finals, and if the Heat are going to win it this time, Bosh likely will have to play a major role when they take on the Oklahoma City Thunder starting on Tuesday night.

His importance is unquestioned, at least by the Heat.

Where he exactly fits in the rotation these days, that's still in some doubt. Bosh says it's "irrelevant" as long as he's getting minutes.

He didn't start any of the three games he played in the Eastern Conference finals against the Boston Celtics. But with the series — and the entirety of a championship-or-bust season — on the line in the fourth quarter of Game 7, Bosh hit perhaps the most important shot of all, a three-pointer that helped kickstart what became a 20-6 run to end the game.

Bosh may be viewed as the third wheel of Miami's Big Three by those on the outside. Within the Heat locker room, maybe no other player is more valued, especially by the other two sides of the superstar Heat triangle, LeBron James and Dwyane Wade.

"Chris is big," James said after Game 7.

"Huge," Wade added.

"Game ball automatically goes to him," James continued. "Without his production tonight, we don't win.... We haven't had that type of activity, that firepower off the bench, since we got here. It's unique. It's very unique that C.B. is coming off the bench, but it may be something great for us."

THE ASSOCIATED PRESS

Guarding the Thunder

Heat wary of Westbrook

The Miami Heat know there's another all-star point guard standing between them and the championship after surviving a steady threat of Rajon Rondo triple-doubles to reach the NBA finals.

Russell Westbrook poses a different kind of triple threat with his blazing speed, defensive intensity and often deadly shooting. He brings the Oklahoma City Thunder into the finals playing some of the best basketball of his young career.

Heat guard Dwyane Wade said Monday he considers Westbrook "the most athletic guy in the NBA for what he does." Wade will share responsibilities in guarding Westbrook when the series starts with Game 1 on Tuesday night in Oklahoma City.

THE ASSOCIATED PRESS

Tennis

Raonic opens tournament with 19 aces in victory

Canadian Milos Raonic defeated Philipp Petzschner 7-5, 7-6 (1) in his opening match at the Gerry Weber Open on Monday.

Raonic, the No. 5 seed from Thornhill, Ont., served 19 aces in the straight-sets victory over the German, who made it to the final of the 2011 event. Raonic will next play Ze Zhang of China, who overcame another German, Tobias Kamke, 6-4, 7-6 (2).

Philipp Kohlschreiber began his title defence at the grass-court tournament with a win over wild card Dustin Brown in an all-German matchup.

The 163rd-ranked Brown twice pushed Kohlschreiber to a tiebreak, before the eighth-seeded defending champion won 7-6 (4), 7-6 (4) in one hour 23 minutes.

The 28-year-old Kohlschreiber will face Lukas Kubot after the Pole beat Jarkko Nieminen of Finland 6-4, 6-4.

Rafael Nadal, who won his record seventh French Open title earlier Monday, and five-time winner Roger Federer both have byes to the second round.

THE ASSOCIATED PRESS

Canada focused on next opponent

After Canada's men's soccer team overcame the scorching heat and spotty pitch to upset Cuba on foreign soil last Friday, coach Stephen Hart allowed his players a brief time to revel in the result.

Then they promptly filed those feelings away.

Canada hosts Honduras on Tuesday in the second game of the third round of CONCACAF World Cup qualifying. Another victory would give Canada six points and some considerable breathing room heading into a two-month break.

"(I told them) the usual stuff: Enjoy the moment for a couple of hours and then understand that you've achieved nothing, we've achieved nothing," Hart said after practice Monday at BMO Field in Toronto.

The 77th-ranked Canadians defeated Cuba 1-0 on Friday, while No. 46 Panama defeated 55th-ranked Honduras 2-0 in the other game in the group.

After Tuesday's matchup, the national side, gunning to make its first World Cup appearance since 1986, takes a break before picking up World Cup qualifying again in September.

Stephen Hart GETTY IMAGES FILE

"It's going to be massive for us. We don't want to go into the next two months with any regrets of what could have been if we'd won maximum points," said David Edgar, whose well-placed cross led to Olivier Occean's goal versus Cuba.

The Canadians played through soaring heat on Friday that left Hart joking that he just hoped his players "didn't die." They also played a man short after keeper Lars Hirschfeld was shown a red card for handling the ball outside of the box.

Milan Borjan played well as Hirschfeld's replacement, immediately facing a dangerous free kick.

"It was difficult because I didn't warm up or anything, it was a tough situation to come in on, winning 1-0, a free kick on the 18-yard box," Borjan said. "But the guys gave me the confidence, the coaches they gave me confidence, so it was good."

He'll be Canada's goalkeeper against Honduras while Hirschfeld serves a one-game suspension.

Hart said he has faith in whichever Canadian keeper he has in net, saying there's little difference between the two.

"New goalkeeper, different name," Hart said. "Other than that, the players wouldn't be picked if I didn't think they could do the job."

THE CANADIAN PRESS

Quoted

"OK, it's a home game, but I think Honduras has too much experience to be desperate."

Canada head coach Stephen Hart on the mindset of Honduras following a loss.

Co-host triumphs.
Shevchenko scores two as Ukraine beats Sweden

Andriy Shevchenko made his coach look brilliant, scoring two great headers Monday to give Ukraine a 2-1 win over Sweden at the European Championship.

After Zlatan Ibrahimovic had given Sweden the lead in the 52nd minute, Shevchenko responded by heading in the equalizer just three minutes later and then added the winner in the 61st.

The victory gives Ukraine a serious chance of advancing from Group D after England and France drew 1-1, while Sweden faces an uphill battle to remain in the tournament.

Group D

2	1
Ukraine	Sweden

Oleh Husyev of Ukraine, right, and Olof Mellberg of Sweden vie for the ball during a Euro 2012 Group D match on Monday in Kyiv. LAURENCE GRIFFITHS/GETTY IMAGES

Shevchenko is already a national icon in Ukraine and carried the hopes of the team going into the tournament. In front of a sea of yellow and blue in the packed Olympic Stadium, he certainly didn't disappoint. He rewarded the faith coach Oleg Blokhin showed in the veteran.

Showing flashes of the scorer's instinct that once made him one of the world's top strikers, Shevchenko beat Olof Mellberg to a cross for his first goal and then met a corner to head the ball inside the near post for the second.

That set off shouts of "Sheva" that may reverberate throughout the nation for a long time.

Shevchenko was given a well-deserved standing ovation as he was taken off in the 81st minute.

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Turf trouble. Spain considers protest to UEFA over stadium grass

Spain was considering filing an official protest to UEFA over the state of the pitch at Gdansk's PGE Arena in Poland after Italy's refusal to consent to extra watering left it dry for their opening Euro 2012 game.

Spain coach Vicente del Bosque as well as players Andres Iniesta, Xavi Hernandez and Cesc Fabregas all complained about the turf following Sunday's 1-1 Group C draw, which affected the defending champions' passing game.

Spain's bid may come too late, however, as UEFA rules say any protests lodged during the tournament "must be presented in writing ... within a maximum of 12 hours of the end of the match."

Otherwise, captain Iker Casillas would have had to make an official protest in the presence of Italy captain Gianluigi Buffon during the match.

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Rule book

12

UEFA rules state that any protests lodged during the tournament "must be presented in writing ... within a maximum of 12 hours of the end of the match."

No change

Russia coach pledges more of the same

Don't expect any major changes to Russia's lineup or attacking style of play when the team takes on Poland at Euro 2012.

The Russians beat the Czech Republic 4-1 in their opening Group A match, and they will next face the co-hosts on Tuesday.

"There's not much reason to make big changes," Russia coach Dick Advocaat said Monday.

The way the Russia forwards cut through the Czech defence on Friday elevated Advocaat's team to the ranks of tournament favourites, and the Dutch coach knows a win against Poland would guarantee a quarter-final place with a match to spare.

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Joleon Lescott of England heads the ball past Hugo Lloris of France during a Euro 2012 Group D match on Monday in Donetsk, Ukraine. IAN WALTON/GETTY IMAGES

France and England trade goals in draw

Rivals deadlocked
1-1. France winless at a major tournament since 2006 World Cup

England held on for a 1-1 draw with France on Monday at the European Championship, giving the Group D favourites one point each.

Joleon Lescott put England in the lead with a header in the 30th minute, and Samir Nasri levelled for France shortly before halftime with a strike into the bottom corner.

The draw means France has still not won a match at a major tournament since the 2006 World Cup. The national team, however, is unbeaten in its last 22 matches.

"I think we have to be happy with that," France coach Laurent Blanc said. "We were too timid at the start ... and then we got better actually after we conceded the goal."

England took the lead when captain Steven Gerrard curled in a free kick from the right after Patrice Evra had fouled James Milner, and Lescott was able to nod the ball past France goalkeeper Hugo Lloris.

France's equalizer was all about one-touch football as Florent Malouda, Evra and Franck Ribery flicked the ball around the left side of England's penalty area to free up space for Nasri, who put in a low shot before England goalkeeper Joe Hart could react.

After running away in celebration, television replays showed Nasri had shouted "Ferme ta geule," or "Shut your mouth," as he looked in the direction of the England bench. He then brought his finger to his lips as if to tell someone to hush.

The gesture was aimed as a French journalist from sports daily L'Equipe, who had questioned his form in an article the day before the match.

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Men down

England's injury curse extends to the coaching staff at Euro 2012.

Roy Hodgson has already lost four members of the squad to tournament-ending injuries and now goalkeeping coach Ray Clemence is going home for surgery.

Clemence snapped an Achilles' tendon while warming up the 'keepers before England's 1-1 draw against France on Monday.

Hodgson says "the hoodoo with injuries continues.... He's in an awful lot of pain and has to go back to England."

Midfielders Gareth Barry and Frank Lampard, defender Gary Cahill, and goalkeeper John Ruddy have been forced out of Euro 2012 with injuries.

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French let victory slip away

Wilting in the heat and technically inferior to the French, England escaped with a draw from their first Euro 2012 opener.

And France, with the flair and guile England lacked for most of the match, will be ruing a missed opportunity.

"The side that played the most football was France," France coach Laurent Blanc said.

That was borne out in the statistics.

While the French completed 634 passes, their opponents managed just 307 while having less than 40 per cent of possession in what was largely a containment exercise by Roy Hodgson's side.

France defender Patrice Evra compared England's defensive tactics with Chelsea's in the Champions League last season. But they succeeded for the London club, which dispatched Barcelona and then overcame Bayern Munich to lift the European Cup last month.

"We are frustrated," Evra said. "I think we played much better. In the end it was a draw and we are a little bit frustrated. At times it was like there were 15 bodies on the field."

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James Milner of England, left, clashes with Franck Ribery of France during their match on Monday. LARS BARON/GETTY IMAGES

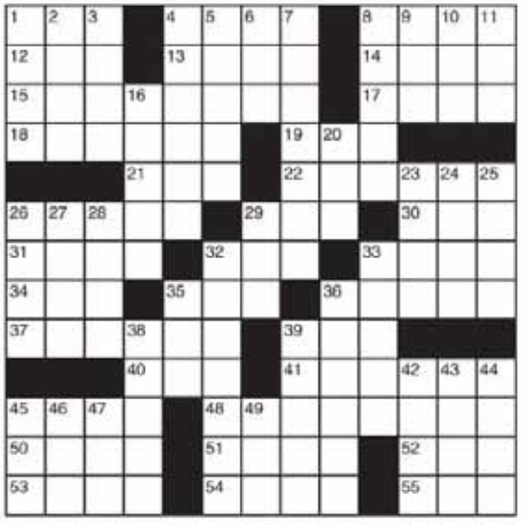
Crossword

Across

1 Possessed
4 Charitable donations
8 Earth
12 Exist
13 Throb
14 Busy with
15 Tongue
17 Leftovers
18 Prey on the mind
19 Prior night
21 Lepidopterist's prop
22 Duration
26 For all to hear
29 Whammy
30 "7 Faces of Dr. —"
31 Conks on the noggin
32 Blackguard
33 Hamilton foe
34 Scratch (out)
35 Vagrant
36 Majorette's staff
37 Hang around
39 Chap
40 Peculiar
41 Ducked a big wedding
45 Fly high
48 Dull, tedious portion of a book
50 Overly proper one
51 Falco of "The Sopranos"
52 Paid player
53 Competent
54 Burpee buy
55 Bribe

Down

1 Head light
2 Speedy steed
3 Hideaways
4 Mistreated
5 Minimum
6 Periodical, for short
7 Pittsburgh athlete
8 Vamp
9 Inseparable
10 "— Impossible"
11 Realtor's offering
16 Category
20 Annoy
23 Fill till full
24 Tahitian dish
25 Trumpet
26 First victim
27 Trickster god
28 Tournament format
29 Drone
32 Spoils
33 Sluggish body of water
35 Cot
36 Distended
38 Overeat
39 Aladdin's ally
42 Energizes, with "up"
43 Modern-day money
44 Let fall
45 Resort
46 Scepter topper
47 Be below par
49 Honor in verse



Sudoku

4				7				3
	2				4	7	1	
	6		5	8				
	1					5		
5		8				9		1
		2					4	
				3	6		2	
	3	6	9				5	
7				5				8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

4	9	8	7	2	6	1	5	3
5	7	3	4	1	8	9	6	2
6	1	2	3	9	5	7	4	8
7	3	6	9	5	1	8	2	4
8	4	9	6	3	2	5	1	7
2	5	1	8	7	4	3	9	6
3	6	7	1	4	9	2	8	5
1	2	4	5	8	3	6	7	9
9	8	5	2	6	7	4	3	1

Yesterday's Crossword

Cryptoquip

How to play

This is a substitution cipher where one letter stands for another. Eg: If X equals O, it will equal O throughout the puzzle.

E YWEQHZMKWLQHS ZUZZQKH

OUAP QH E TKKCQHS

EWUE LQSOM YU TEAAUP M

OU CQMTOUH MOQHC.

Yesterday's Cryptoquip: WHEN WILD ANIMALS ARE VERY MANNERLY, SHOULD YOU SAY THEY'RE ON THEIR BEAST BEHAVIOR?

Today's Cryptoquip Clue: Z equals S

For today's crossword answers and for expanded horoscopes, go to metronews.ca

Horoscope

Aries | March 21 - April 20. The planets warn that if you are not careful you could spend a fortune today.

Taurus | April 21 - May 21. Write your goals down on a piece of paper and look at them at odd moments throughout the day.

Gemini | May 22 - June 20. Friends and work colleagues alike are relying on you to take the lead and show them the way, so push personal worries to the back of your mind and do what you can to assist them. You'll be assisting yourself too.

Cancer | June 21 - July 22. Others may bend the rules and get away with it but you must not allow yourself to be so tempted.

Leo | July 23 - Aug. 22. Follow your dreams wherever they may lead you, no matter how far that may be from where you are now.

Virgo | Aug. 23 - Sept. 22. It's quite possible that you will come into money over the next day or two, but if you do it's unlikely that you will hold on to it for long. There are just so many beautiful things you want to possess.

Libra | Sept. 23 - Oct. 22. Your rivals may seem confident but the fact is they are as scared of you as you are of them — maybe more so. Challenge them directly today and don't be surprised if they back down and let you win.

Scorpio | Oct. 23 - Nov. 21. Reach out to other people and help them feel good about themselves.

Sagittarius | Nov. 22 - Dec. 21. The problem you face today will require a certain amount of abstract thinking if you are going to solve it successfully.

Capricorn | Dec. 22 - Jan 20. Loved ones will forgive you almost anything today — if you say sorry and if your regret sounds genuine.

Aquarius | Jan. 21 - Feb 18. Resist the urge to criticize other people, both in your private life and in your working environment. In fact, go out of your way to give them your support, even if you don't think they deserve it.

Pisces | Feb. 19 - March 20. Discussions of all kinds will go well today, especially if you give those you deal with the impression that you are as eager for them to do well as you are to do well yourself.

SALLY BROMPTON

Caption Contest

"My mom says if I want to be cute I otter smile more."
Kassia & Jessica

MARK M. GASKILL/DETROIT ZOO/THE ASSOCIATED PRESS

Win!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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604-420-7979
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604-431-2900
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604-433-8000
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604-432-9303
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604-430-3903
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604-320-0789
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604-858-0017
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604-946-7100
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604-590-9011
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604-532-0440
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